

Nutritional yeast is a vegetarian friendly source of vitamin B<sub>12</sub> that can be paired with a variety of foods. Vitamin B<sub>12</sub> is an important nutrient for healthy glowing skin as it controls cell growth and life span.

## Creamy and "Cheesy" Vegan Broccoli Soup

### Ingredients

2 tablespoons olive oil	2½ cups unsweetened almond milk
1 medium red onion, diced	2½ cups vegetable broth
3 cloves garlic, minced	5 cups broccoli florets
1 teaspoon sea salt	1 cup nutritional yeast
1 teaspoon black pepper	1 tablespoon lemon juice
1 teaspoon dijon mustard	



### Instructions

1. In a large pot, cook the onions in the olive oil over medium heat for about five minutes.
2. Add the garlic, salt, pepper and dijon and cook for a few more minutes.
3. Add the milk, broth and broccoli.
4. Bring to a simmer, cover and cook for about 20 minutes or until broccoli is tender.
5. Turn off heat and stir in nutritional yeast and lemon juice.
6. Remove about ½ of the soup and puree in a blender.
7. Pour it back into the pot with the remaining soup.
8. Serve with toasted sourdough bread. Makes four large dinner-sized portions or eight sides.

Source: <http://runningonrealfood.com/cheesy-broccoli-soup-vegan-gluten-free/>

Nutrigenomix® is the science that helps to uncover the relationship between genes, nutrition and human health. Learn more at [www.rmalab.com/nutrigenomix](http://www.rmalab.com/nutrigenomix)