



RECIPE

NOURISHING NETTLE SOUP

@MOTHERMOON_HYPNOBIRTHING

BASE INGREDIENTS

- 1/4 cup organic dried nettle
 - 1/2 tablespoon chicken bone broth powder* (omit if vegetarian/vegan)
 - 1/2 tablespoon vegetable broth powder** (double this if vegetarian/vegan)
 - 6 cups water
 - 2 large potatoes, peeled and chopped into small cubes
 - 1 cup fresh kale, stems removed
 - 1 teaspoon butter
 - 2 shallots, sliced
 - 1 teaspoon salt
 - Cracked pepper to taste
 - Squeeze of fresh lemon juice
 - Dollop of cream to serve
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METHOD

Heat butter in a small fry pan and add shallots until softened.

Add potatoes, kale, dried nettle, chicken bone broth and vegetable broth powders, water, and cooked shallots to slow cooker.

Cook on low for 4 hours until potatoes are soft.

Blend with an immersion blender or in small batches in upright blender.

Add salt, pepper, and lemon juice to taste.

Serve with cream and freshly buttered toast if desired.

STORAGE

Divide into desired serving size if not eating immediately. This recipe will make approx 8 serves. Store in the fridge for up to 3 days or 3 months in the freezer.