



Creamy Veggie Soup for One



Entire recipe (about 1 1/2 cups): 97 calories, 1g total fat (0.5g sat. fat), 578mg sodium, 10g carbs, 3g fiber, 5.5g sugars, 9.5g protein

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Total: 5 minutes



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Ingredients

1 cup frozen broccoli florets, thawed
1 cup chopped spinach
1/2 cup vegetable broth
1/4 cup low-fat cottage cheese
1/4 tsp. garlic powder, or more to taste
1/4 tsp. onion powder, or more to taste
1/8 tsp. lemon juice
Additional seasonings: salt and black pepper to taste
Optional topping: grated Parmesan cheese

Directions

Place all ingredients except lemon juice in a small blender. Blend until smooth and uniform.

Transfer to a medium microwave-safe bowl. Cover and microwave for 1 minute, or until hot.

Stir in lemon juice.

MAKES 1 SERVING

HG Tips: If you prefer less sodium, reach for low-sodium or unsalted broth. If you prefer chicken broth to vegetable, swap it in; for more protein, use [bone broth](#)! FYI, not all broths are gluten free, so check the label if that's a concern.

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