

Autumn Kale and Apple Soup

EASY | RECIPE

Ingredients:

- 1 tbsp **extra-virgin olive oil**
- 1 small **onion**, chopped
- 1 clove **garlic**, chopped
- 6 cups **kale**, stemmed and chopped
- 4 cups no-salt-added **broth**
- ¼ tsp **salt**
- 1 large **apple**, peeled, cored and chopped
- ¼ cup plain **Greek yogurt**
- Freshly ground **black pepper**



Method:

Add olive oil to a large pot set over medium heat. **Add** onion and garlic, cook three minutes. **Add** kale, broth, salt and apple. **Bring** to a boil and cook ten minutes. **Use** an immersion blender (or transfer in batches to regular blender) to purée until smooth. **Garnish** with a dollop of yogurt and fresh black pepper.

Makes 4 servings. Per serving:

129 calories | 6g protein | 4g total fat | 0.5g saturated fat | 3g mono fat | 0.5g poly fat |
21g carbohydrate | 8g sugar | 6g fiber | 62mg sodium