

# Creamy Asparagus and Pea Soup



**Time:** 30 minutes (5 minutes prep, 25 minutes cooking)

**Serves:** 2-3

**Ingredients:** 2 tablespoons olive or avocado oil  
12 ounces of asparagus (1 large bundle yields 12 ounces)  
1 cup peas  
4 cloves garlic  
1 medium shallot thinly sliced  
1 ½ cups plain unsweetened almond milk  
1 ½ cups vegetable broth  
¼ teaspoon cardamom or to taste  
¼ teaspoon coriander or to taste  
Cinnamon – a pinch or to taste  
Salt and pepper to taste  
½ medium size lemon (optional)

## Directions:

1. Preheat oven to 400 degrees F and spread asparagus on a bare baking sheet. Drizzle with olive or avocado oil and season lightly with salt and pepper. Toss to coat.
2. Roast for 15 minutes then set aside.
3. Heat a large saucepan or medium pot. Once hot add two tablespoons oil, shallot and garlic. Season lightly with salt and pepper and stir to coat. Cook for 2-3 minutes until fragrant and translucent. Reduce heat if garlic begins to brown.
4. Add peas, vegetable broth and almond milk.
5. Transfer soup to blender along with asparagus and peas. Save some asparagus for garnish if desired.
6. Add cardamom, coriander, and cinnamon to soup. Blend soup until creamy and smooth.
7. Transfer back to pot and simmer on medium heat.
8. Adjust seasonings if needed.
9. Serve with fresh lemon to squeeze on top of soup.