



Broccoli Cheddar Soup

1 pkt. Ketogenic Soup	¼ cup heavy cream
—Savory Chicken	¼ cup cheddar cheese, shredded
½ cup broccoli, chopped	1 cup chicken broth
2 tsp. MCT Oil	Sea salt and black pepper to taste
1 tsp. minced garlic	
2 Tbsp. chopped white onion	

Directions:

In a large skillet, sauté onion and garlic with MCT Oil over medium heat until onions are translucent. Add broth and broccoli to pot. Cook broccoli until tender. Add salt, pepper according to taste. Stir heavy cream into soup; bring to a boil. Turn off heat and stir in packet of Ketogenic Soup and cheese. Serve hot!

Nutrient Analysis:

Total Calories: 550	Fiber: 2 g
Fat: 11 g	Added Sugars: 0 g
Total Carbohydrates: 11 g	Protein: 30 g



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