

# Creamy Zucchini Leek Soup

4 servings

3 Tb olive oil, ghee, or coconut oil

2 leeks white and light green parts only, sliced

4 garlic cloves, minced

4 zucchini, grated (about 5 cups)

4 cups vegetable or chicken broth

1 1/2 tsp Italian seasoning

1/2 tsp Celtic sea salt

1 cup coconut milk

- In a large pot, sauté the leeks over medium-low heat in oil until softened about 7 minutes.
- Add the garlic cloves and sauté briefly until fragrant.
- Add the zucchini and sauté until slightly softened, about 3 minutes. Pour in the broth and Italian seasoning.
- Bring to a boil, reduce heat to low, and partially cover. Simmer for 20 minutes, until zucchini is tender.
- Puree until smooth using a blender or an immersion blender. Add in the coconut milk.
- Wonderful hot or chilled.