

Broccoli soup – a B Boost to support Health and Fertility

By Sue Bedford (MSc Nutritional Therapy)



Not only rich in folate, there was another reason that you were told to eat your Broccoli! Did you know?....that along long with the other cruciferous vegetables such as cauliflower, bok choy, brussels, cabbage, turnips, and kale – it can help to balance your hormones too! Broccoli, along with the other vegetables in the same family, contains a substance called diindolylmethane (DIM), which supports the excretion of used hormones such as oestrogen....why not try making this delicious and nutritious Broccoli soup?

Broccoli soup

Ingredients

800g broccoli heads, roughly chopped

1 litre/1¾ pints vegetable stock

1 tbsp olive oil

1 finely chopped onion

150ml/5fl oz natural yoghurt or cream (optional)

1 finely chopped clove of garlic

1 tsp ground coriander and cumin (optional)

Method

Heat the oil in a large pan over medium heat. Add the onion and garlic and fry until just softened. Add the chopped broccoli and vegetable stock. Bring the mixture to the boil and then simmer on low heat for 10 minutes, or until the broccoli is tender. Add the yoghurt or cream (optional) and stir. Remove from the heat and allow to cool. Add the ground cumin and ground coriander and simmer for a further 1-2 minutes (optional) or season to taste as required with black pepper/pinch of salt. Blend and enjoy!



Sue is a Nutritional Therapist specialising in fertility, women's health and general wellness. She works closely with IVF Babble, IVF Babble Africa and Emme Magazine. There are lots of recipes and nutrition articles over on IVF Babble written by Sue in the wellness section- www.ivfbabble.com and also www.emmemagazine.com

Sue is able to offer remote Nutritional Therapy consultations. If you would like more information, do take a look at her website www.suebedfordnutrition.co.uk or send her an email sbnutrition@btinternet.com