



Recipe Name: Broccoli Soup Recipe - For Babies/Toddlers above 7 months

Diet Type:

Course: Lunch

Cuisine: Continental

Quantity: 1 bowl



Ingredients

Ingredient	Quantity
• 1 cup Broccoli - 10 florets approximately	2
• Salt - a pinch	
• Black pepper powder - a pinch	
• 1/2 teaspoon Butter (unsalted)	
• 3 Badam (Almond) - soaked in hot water	

Preparation

- To begin making the Broccoli Soup, we begin by washing the broccoli florets thoroughly.
- Release the pressu.

Macronutrients

Calories (kcal)	Protein (g)	Carbs (g)	Fat (g)	Fiber (g)	Sugar (g)
80	3	15	2	4	2