

Creamy Spiced Broccoli

4 ingredients · 10 minutes · 1 serving



Directions

1. Add the broccoli to a steamer basket over boiling water. Steam for four to five minutes or until the broccoli is tender.
2. Meanwhile, in a bowl combine the coconut yogurt and curry powder. Season with salt and pepper to taste.
3. Add the steamed broccoli to the bowl with the spiced coconut yogurt and mix to evenly coat the broccoli. Serve and enjoy!

Notes

Leftovers

Refrigerate in an airtight container for up to three days.

More Flavor

Add lemon juice and cumin.

No Broccoli

Use cauliflower instead.

Ingredients

- 1 cup Broccoli (cut into small florets)
- 2 tbsps Unsweetened Coconut Yogurt
- 1/4 tsp Curry Powder
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving

Calories	46	Cholesterol	0mg
Fat	1g	Sodium	36mg
Carbs	8g	Vitamin A	567IU
Fiber	3g	Vitamin C	81mg
Sugar	2g	Calcium	108mg
Protein	3g	Iron	1mg