

delicious dish

Creamless Asparagus Soup with whole grain croutons

Produce	Pantry	Tools and Prep	Meat/Fish/ Chicken Freezer Dairy
2 bunches of asparagus (about 2 lb.) 2 large shallots 1 bunch chives	white pepper $\frac{3}{4}$ cup sliced almonds	Medium size pot for soup Blender or emersion blender PREP let bread slices sit on the counter to dry out overnight	4 Tbs. unsalted butter or olive oil 2 cups almond milk (you can also use soy milk or regular milk) 3-4 slices of whole grain bread