

RECIPE



Enhance your vitamin B intake with this B Boost Creamy Broccoli, a nutrient-rich dish inspired by the Purple Pig Restaurant in Chicago. Tender broccoli florets are coated in a velvety cashew butter sauce, featuring nutritional yeast—a powerhouse of B vitamins that support energy production, brain health, and overall vitality. This dish not only satisfies your taste buds but also provides a plant-based source of essential nutrients, making it a perfect side or standalone meal for a healthy, balanced diet.

B Boost Creamy Broccoli

Ingredients

2-4 servings

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2 large broccoli head, cut into florets

3 Tbsp. cashew butter

7 oz water

1 tsp. onion powder

½ tsp. sea salt

¼ tsp. white ground pepper

2 Tbsp. nutritional yeast

Instructions

In a mixing bowl, combine the cashew butter, water, onion powder, sea salt, white ground pepper, and 1 ½ Tbsp. nutritional yeast. Mix well until smooth, or blend for a better creamy texture.

Reserve the remaining ½ Tbsp. nutritional yeast for garnish.

Add the broccoli florets to the bowl and toss well to coat each piece with the creamy mixture.

Heat a frying pan over low heat. Add the coated broccoli florets along with any remaining sauce from the bowl.

Yours to Artful Eating,

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Cook on low heat for about 10 minutes, stirring frequently, until the broccoli is tender and the sauce has thickened.

Transfer the cooked broccoli to a serving plate and sprinkle with the remained nutritional yeast for extra flavor.

Health Benefits of this Dish:

- **Vitamin B Boost:** Nutritional yeast provides B vitamins, supporting energy and brain health.
- **Antioxidant Power:** Broccoli is rich in vitamins C and E, boosting immunity and reducing oxidative stress.
- **Heart Health:** Cashew butter and broccoli improve cholesterol levels and maintain healthy blood pressure.
- **Digestive Support:** High fiber content from broccoli promotes gut health.
- **Bone Strength:** Broccoli and nutritional yeast deliver calcium, magnesium, and vitamin K for strong bones.

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