

Broccoli Detox Soup

Ingredients:

- 1 tbsp olive oil
- 1 leek or onion, sliced
- 3 garlic cloves, minced
- 1 head broccoli, chopped
- 1 zucchini, chopped
- 2 celery stalks, chopped
- 1/2 cup parsley
- 4 cups vegetable broth
- Juice of 1 lemon
- Salt and pepper to taste

Instructions:

Sauté leek/onion and garlic in olive oil until soft.

Add broccoli, zucchini, celery, and broth.

Simmer 15-20 minutes until veggies are soft.

Blend until smooth. Add parsley and lemon juice.

Season with salt and pepper.

Health Benefits:

- Broccoli: High in fiber and liver-supporting compounds
- Celery & parsley: Cleanse kidneys and support digestion
- Lemon: Brightens and alkalizes