

Carrot Ginger Detox Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 4 large carrots, peeled and chopped
- 2 garlic cloves, minced
- 1 tbsp grated fresh ginger
- 4 cups vegetable broth
- Juice of 1/2 lemon
- Salt and pepper to taste

Instructions:

1. Heat olive oil in a pot. Sauté onion and garlic until fragrant.
2. Add carrots and ginger. Cook for 5 minutes.
3. Pour in vegetable broth. Bring to a boil, then reduce heat and simmer until carrots are soft (about 20 minutes).
4. Blend soup until smooth using a blender or immersion blender.
5. Stir in lemon juice. Season with salt and pepper to taste.
6. Serve warm.

Benefits:

- Supports digestion and detoxification
- Anti-inflammatory and immune-boosting
- Rich in vitamins A and C