

Dandelion Greens Detox Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1 cup dandelion greens
- 1 cup spinach
- 2 celery stalks
- 4 cups broth
- Juice of 1/2 lemon
- Salt and pepper to taste

Instructions:

Sauté onion and garlic until soft.

Add greens, celery, broth. Simmer 15 minutes.

Blend, add lemon juice, and season.

Health Benefits:

- Dandelion: Cleanses liver and kidneys
- Spinach & celery: Anti-inflammatory and mineral-rich
- Lemon: Brightens and supports detox