

Garlic & Kale Detox Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 5 garlic cloves, minced
- 1 cup kale, chopped
- 1 zucchini, chopped
- 1/2 tsp chili flakes (optional)
- 4 cups vegetable broth
- Salt and lemon juice to taste

Instructions:

Sauté onion and garlic until soft.

Add kale, zucchini, and broth. Simmer 15 minutes.

Blend, add lemon juice and chili flakes if using.

Season to taste and serve.

Health Benefits:

- Garlic: Powerful detoxifier and antimicrobial
- Kale: Rich in minerals and detoxifying compounds
- Lemon: Supports digestion and alkalinity