

Green Cleansing Soup

This vibrant green soup is packed with detoxifying ingredients and is gentle on digestion.

Ingredients:

- 1 tbsp olive oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 zucchini, chopped
- 2 cups kale or spinach
- 1 celery stalk, chopped
- 1 small broccoli crown
- 3 cups vegetable broth
- Salt and pepper to taste
- Juice of 1/2 lemon

Instructions:

1. Heat olive oil in a pot. Add onion and garlic, sauté until soft.
2. Add zucchini, celery, and broccoli. Cook for 5 minutes.
3. Pour in the broth. Bring to a boil, then simmer for 15 minutes.
4. Add kale or spinach. Cook for 2 more minutes.
5. Blend until smooth. Add lemon juice, salt, and pepper.
6. Serve warm.

Benefits: Great for detox, full of fiber, antioxidants, and cleansing greens.