

# Turmeric Cauliflower Detox Soup

## Ingredients:

- 1 tbsp coconut oil
- 1 onion, chopped
- 3 garlic cloves, minced
- 1-inch ginger, grated
- 1 head cauliflower, chopped
- 1 tsp turmeric
- 1/2 tsp cumin
- 4 cups vegetable broth
- Juice of 1 lime
- Salt and pepper to taste

## Instructions:

In a pot, heat oil and sauté onion, garlic, and ginger until soft.

Add cauliflower, turmeric, cumin, and broth.

Simmer 20 minutes until cauliflower is soft.

Blend until smooth, stir in lime juice, and season to taste.

## Health Benefits:

- Cauliflower: Detoxifies and supports digestion
- Turmeric: Reduces inflammation and boosts immunity
- Ginger & Lime: Support gut and liver health