

Zucchini Basil Detox Soup

Ingredients:

- 1 tbsp olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 3 zucchinis, chopped
- 1 cup spinach
- 1/4 cup fresh basil
- 1 small potato (optional)
- 4 cups vegetable broth
- Juice of 1 lemon
- Salt and pepper to taste

Instructions:

Saute onion and garlic in olive oil until soft.

Add zucchini, spinach, basil, and broth.

Simmer until tender (~15 mins).

Blend until smooth, add lemon juice, season with salt and pepper.

Health Benefits:

- Zucchini & basil: Anti-inflammatory and alkalizing
- Spinach: Detoxifying chlorophyll and iron-rich
- Lemon: Brightens and supports digestion