

Brazilian Carrot Ginger Detox Soup

Ingredients:

- 1 tbsp coconut oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 1-inch piece of ginger, grated
- 4 carrots, sliced
- 4 cups vegetable broth
- Juice of 1 orange
- Salt and pepper to taste
- Fresh cilantro for garnish

Instructions

1. Heat coconut oil in a pot over medium heat. Sauté onion, garlic, and ginger until fragrant
2. Add carrots and cook for 5 minutes.
3. Pour in vegetable broth, bring to a boil, then simmer for 20 minutes until carrots are tender.
4. Blend the soup until smooth. Stir in orange juice, season with salt and pepper.
5. Garnish with fresh cilantro and serve.

Health Benefits:

- Carrots are high in beta-carotene, supporting liver health.
- Ginger aids digestion and reduces inflammation.
- Orange juice provides vitamin C and enhances detoxification.