

Detox Chickpea & Spinach Soup

Ingredients:

- 1 can chickpeas, rinsed
- 2 cups spinach leaves
- 1 onion, chopped
- 2 garlic cloves, minced
- 1/2 tsp turmeric
- 1/2 tsp paprika
- 1/4 tsp cinnamon
- 1 tbsp olive oil
- 4 cups vegetable broth
- Salt and pepper to taste

Instructions:

- Sauté onion and garlic in olive oil with spices.
- Add chickpeas and broth, bring to boil.
- Add spinach, cook for 5 more minutes.
- Blend or leave chunky.

Health Benefits:

Chickpeas provide protein and fiber; spinach is rich in iron and detox nutrients