

## Moroccan Beetroot & Orange Soup

### Ingredients:

3 beets, peeled and chopped 1 onion,  
chopped 2 garlic cloves Juice of 1 orange Zest of  
1/2 orange  
1 tsp cinnamon  
1/2 tsp cumin  
4 cups vegetable broth Salt and pepper to taste  
1 tbsp olive oil

### Instructions:

Sauté onion and garlic in olive oil  
. Add beets, broth, and spices, simmer until soft.  
Blend with orange juice and zest, adjust  
seasoning, and serve

### . Health Benefits:

Beets detoxify the blood, while orange boosts  
vitamin C and liver function