

Thai Lemongrass & Mushroom Detox Soup

Ingredients:

3 cups water 2 stalks lemongrass,
chopped 3 kaffir lime leaves
1-inch galangal or ginger,
sliced 1 cup mushrooms (shiitake or oyster),
sliced 1 tbsp lime juice
1 tsp tamari or soy sauce
Fresh cilantro for garnish

Instructions:

Simmer lemongrass, lime leaves, and galangal in water for 15 minutes.

Strain if desired, then add mushrooms and cook for 5–7 minutes.

Add lime juice and tamari.

Garnish with fresh cilantro.

Health Benefits:

Lemongrass and lime leaves are liver cleansers;
mushrooms support immunity and detox
pathways