

Vietnamese Turmeric Noodle Detox Soup

Ingredients:

- 1 tsp coconut oil
- 2 garlic cloves, minced
- 1/2 inch turmeric root, grated (or 1/2 tsp powder)
- 1 carrot, julienned
- 1 zucchini, spiralized or thinly sliced
- 1 tbsp lime juice
- 1 tsp tamari
- 2 cups rice noodles (optional)
- 4 cups vegetable broth
- Fresh herbs (mint, cilantro, basil)

Instructions:

Heat coconut oil, sauté garlic and turmeric.
Add carrot, zucchini, and broth. Simmer 5 minutes.
Add noodles (if using), lime juice, and tamari.
Serve topped with fresh herbs.

Health Benefits:

Turmeric reduces inflammation and aids detox;
herbs support digestion and healing