

# **Zucchini Basil Detox Soup**

## **Ingredients**

2 medium zucchinis, chopped

1 cup fresh basil leaves

1 cup baby spinach

1 small onion, chopped

2 garlic cloves, minced

2 tablespoons olive oil

3 cups vegetable broth

Juice of 1 lemon

Salt and pepper to taste

## **Instructions**

In a large pot, heat the olive oil over medium heat.

Add the chopped onion and garlic and sauté until fragrant.

Add the zucchini and cook for about 5 minutes, stirring occasionally.

Pour in the vegetable broth and bring to a boil.

Reduce heat and simmer until zucchini is tender, about 10 minutes.

Add spinach and basil and cook for 2 more minutes, just until wilted.

Remove from heat. Use an immersion blender to puree the soup until smooth.

Stir in lemon juice, season with salt and pepper to taste, and serve warm.

## **Health Benefits**

Zucchini is rich in antioxidants and water, supporting hydration and skin health.

Basil is anti-inflammatory and may support liver detoxification.

Spinach provides iron and chlorophyll, helping to cleanse the blood.

Lemon juice enhances digestion and boosts vitamin C levels.

