

Zucchini & Mint Moroccan DetoxSoup

Ingredients:

3 zucchinis, chopped 1 onion, chopped 2 garlic
cloves,
minced 1/4 cup fresh mint leaves
1 tbsp olive oil
1/2 tsp cumin
1/2 tsp turmeric
4 cups vegetable broth
Salt and pepper to taste

Instructions:

Sauté onion and garlic with oil and spices
. Add zucchini and broth, simmer until tender.
Blend with mint leaves until smooth.
Serve warm or chilled.

Health Benefits:

Zucchini hydrates and cleanses the gut, mint soothes the digestive tract