

## **Turmeric Cauliflower Detox Soup**

Serving 2

Prep Time 15 minutes

### **Ingredients:**

- 1 tablespoon olive oil or coconut oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 teaspoon fresh grated ginger
- 1 teaspoon ground turmeric
- 1 head cauliflower (cut into florets)
- 1 small carrot, diced

- 1 celery stalk, chopped (optional)
  - 4 cups low-sodium vegetable broth or water
  - Juice of 1/2 lemon
  - Sea salt and black pepper to taste
  - Fresh parsley or cilantro for garnish
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 **Instructions:**

1. Heat oil in a large pot over medium heat.
2. Add onion and sauté for 3–4 minutes until soft.
3. Stir in garlic, ginger, and turmeric. Cook for 1 minute, stirring.

4. Add cauliflower, carrot, and celery. Cook for another 3 minutes.
5. Pour in the broth. Bring to a boil, then reduce to a simmer.
6. Simmer covered for 15–20 minutes, until vegetables are tender.
7. Remove from heat and blend until smooth (with immersion or countertop blender).
8. Stir in lemon juice, salt, and pepper.
9. Serve warm with fresh herbs.

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 **Health Benefits:**

- **Cauliflower:** Supports detoxification and liver health with sulfur compounds.
- **Turmeric:** Anti-inflammatory, boosts metabolism, and aids in cleansing.
- **Ginger & Garlic:** Stimulate digestion and immunity.
- **Lemon:** Enhances detox and balances pH.
- **Blended soup:** Easy to digest, warming, and satisfying without heaviness.