

Carrot Ginger Detox Soup

Serving : 2

Prep Time: 20 minutes

Ingredients:

- 1 tablespoon olive oil
- 1 medium onion, chopped
- 3 cloves garlic, minced
- 1 tablespoon fresh ginger, grated
- 6 large carrots, peeled and chopped
- 3 cups vegetable broth
- 1/2 teaspoon turmeric

- Salt and pepper to taste
- Juice of 1/2 lemon
- Optional garnish: parsley, pumpkin seeds, or a drizzle of coconut cream

Instructions:

1. In a large pot, heat olive oil over medium heat.
2. Sauté onions for 3 minutes until soft, then add garlic and ginger.
3. Add chopped carrots, turmeric, salt, and pepper. Stir well.
4. Pour in vegetable broth and bring to a boil.

5. Reduce heat, cover, and simmer for 20 minutes or until carrots are soft.
6. Use an immersion blender to puree the soup until smooth.
7. Stir in lemon juice before serving.
8. Garnish as desired.

Health Benefits:

- Carrots: rich in beta-carotene and vitamin A (great for skin and liver)
- Ginger: anti-inflammatory and supports digestion
- Turmeric: boosts liver detox pathways
- Lemon: promotes bile production to cleanse the liver

