

Broccoli Detox Soup

Serving 2

Prep Time 20 minutes

Ingredients:

- 1 tablespoon olive oil
- 1 small onion, chopped
- 2 garlic cloves, minced
- 1 teaspoon fresh grated ginger
- 1/2 teaspoon ground turmeric
- 4 cups broccoli florets (about 1 large head)
- 1 small zucchini, chopped (optional, adds creaminess)

- 3 cups low-sodium vegetable broth or water
 - 1 handful baby spinach (optional, for extra nutrients)
 - Juice of 1/2 lemon
 - Sea salt and black pepper to taste
 - Pumpkin seeds or hemp seeds for garnish (optional)
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 **Instructions:**

1. Heat olive oil in a large pot over medium heat.
2. Add onion and sauté until translucent (about 3–4 minutes).

3. Stir in garlic, ginger, and turmeric. Cook for 1 minute until fragrant.
4. Add chopped broccoli and zucchini. Stir for 2 minutes.
5. Pour in the broth and bring to a boil.
6. Reduce heat and simmer for 10–15 minutes until broccoli is soft.
7. Add spinach (if using) and cook 1–2 more minutes.
8. Remove from heat. Use an immersion blender (or transfer to a blender) and blend until smooth.
9. Stir in lemon juice, season with salt and pepper.
10. Serve warm, topped with seeds or a drizzle of olive oil.

 **Health Benefits:**

- **Broccoli:** Rich in sulforaphane, fiber, and vitamin C — supports liver detox and immune health.
- **Ginger & Turmeric:** Anti-inflammatory and boost digestion.
- **Spinach & Zucchini:** Add minerals and chlorophyll for gentle body cleansing.
- **Lemon:** Alkalizes and supports natural detoxification.
- **Blended soup:** Easy on digestion, warming, and filling without heaviness.