

Green Cleansing Soup

Serving 2

Prep time 20 minutes

Ingredients:

- 1 tablespoon olive oil
- 1 leek or 1 small onion, chopped
- 2 cloves garlic, minced
- 1 zucchini, chopped
- 1 celery stalk, chopped
- 2 cups broccoli florets
- 4 cups vegetable broth
- 2 cups fresh spinach or kale

- Juice of 1 lemon
- Salt and pepper to taste
- Optional: 1 tablespoon fresh parsley or basil

Instructions:

1. Heat olive oil in a pot. Sauté leek/onion and garlic for 2–3 minutes.
2. Add zucchini, celery, and broccoli. Stir and cook 5 minutes.
3. Pour in vegetable broth. Bring to a boil.
4. Reduce heat and simmer 10–15 minutes until veggies are tender.
5. Add spinach/kale and cook 2 more minutes.
6. Blend until smooth.

7. Add lemon juice, season to taste, and serve.

Health Benefits:

- Broccoli & spinach: support liver phase 2 detox and loaded with antioxidants
- Celery: helps flush excess water and uric acid
- Lemon: alkalizing and bile-boosting
- Zucchini: gentle on digestion and anti-inflammatory