



Vitamin K + B12 Skin Healing Soup

Ingredients

- 2 cups vegetable broth (homemade preferred)
- 1 cup kale, chopped – vitamin K powerhouse
- 1 cup fresh spinach – vitamin K + magnesium
- ½ cup shiitake mushrooms – contain vitamin B12 (if grown on enriched substrate)
- 1 medium carrot, sliced – beta-carotene for radiance
- ½ cup cooked chickpeas – plant protein
- 1 small leek, thinly sliced – delicate flavor + prebiotics
- 1 Tbsp extra virgin olive oil – helps vitamin absorption
- 1 Tbsp fresh parsley, chopped – vitamin C boost
- Sea salt + black pepper to taste
- Juice of ½ lemon

Instructions

1. Heat olive oil in a medium pot over low heat. Add the leek and sauté 3 minutes until soft.
2. Add carrot and shiitake mushrooms, cook 5 minutes to release flavor.
3. Pour in the vegetable broth, bring to a boil, then reduce to medium heat.
4. Add the kale, spinach, and chickpeas. Simmer for 10 minutes until greens are tender.
5. Season with sea salt and black pepper.
6. Remove from heat, stir in lemon juice, and garnish with fresh parsley.
7. Serve hot in a deep bowl, optionally with rustic whole-grain bread.

Benefits

- Vitamin K (kale + spinach) → improves circulation, helps reduce dark circles, supports skin firmness.
- Vitamin B12 (shiitake + legumes) → key for cell renewal and skin brightness.
- Carrots → beta-carotene protects against UV damage.
- Chickpeas → plant protein supports collagen production.
- Olive oil → antioxidant + enhances vitamin absorption.
- Parsley + lemon → purify skin and boost nutrient bioavailability.