



Green Detox Soup

Juicing is associated with detoxing, but you can get the benefits of detoxing from green powerful vegetables and herbs beyond the confines of your juice glass – just like this soup! This soup is high in iron, calcium, potassium, vitamin K, folic acid, beta-carotene and other powerful phytonutrients. This soup contains nutrients that may help reduce some types of cancer such as the incidence of breast, colon and lung cancer. Green vegetables can also help with fluid retention and may reduce blood pressure.

Ingredients

- 1 leek
- 2 cloves garlic
- 1 small head of broccoli
- 6 kale leaves
- 1-2 zucchini
- 2 sticks of celery
- 4 cups of vegetable stock
- Handful of Parsley
- Sea salt and pepper

Directions

- Wash and chop all veggies.
- Lightly heat the oil on low heat, add leeks and garlic and slowly cook.
- Add the vegetable stock and vegetables (zucchini, kale, broccoli, celery), slowly bring to a boil and cook until the zucchini is soft. The less you cook the vegetables the better.
- Add salt and pepper to taste
- Use a stick/immersion blender, or transfer to a blender, and process the soup (You can leave it chunky if you prefer)
Add the parsley.

Enjoy!