

Gingery Lemon “Spring Detox” Soup

Serves 2

Ingredients

4 cups vegetable broth (Home made if possible)
1 inch ginger, peeled and minced
1 carrot, chopped
1 celery, chopped
1 cup cabbage, shredded
2 handfuls leafy greens
1 lemon, zest and juice
pink or sea salt & fresh cracked pepper
drizzle of sesame or olive oil
large fistful fresh parsley, roughly chopped
large pinch oregano, thyme, rosemary or favorite fresh green herb

Instructions

Combine vegetable broth, ginger and vegetables in a large saucepan. Bring to a boil and cook for a few minutes until cabbage is soft. Remove from heat. Stir in lemon juice and zest.

Serve in bowls, drizzle with sesame or olive oil, and add parsley and additional fresh herbs.