



Broccoli

DETOX SOUP

**This recipe is sourced from [The Awesome Green](#)*

Ingredients:

- 2 cups broccoli florets
- 2 celery stalks, finely diced
- 1 onion, finely diced
- 2 garlic cloves, crushed
- 1 cup greens (kale, spinach, beet greens or any other available)
- 1 parsnip, peeled and finely chopped
- 1 carrot, peeled and finely chopped
- 2 cups filtered water or low sodium vegetable broth
- ½ Tsp sea salt
- ½ lemon, juice only
- 1 Tsp coconut oil
- 1 Tbsp chia seeds
- Toasted mixed seeds and nuts & 1 Tsp coconut milk, to garnish

Method:

1. In a soup pot, heat the coconut oil, add the onion, garlic, carrot, parsnip, celery sticks and broccoli, and cook over low heat for five minutes, stirring frequently.
2. Add the filtered water or vegetable broth, bring to a boil, then cover the pot with a lid and let simmer for 5-7 minutes, until the vegetables are tender but not mushy.
3. Stir in the greens, then transfer into the blender, add the chia seeds and lemon, and process to obtain a smooth cream.
4. Top with toasted seeds and serve warm.