

Healthy Green Soup

Ingredients:

- 3 cups vegetable broth
- 1 tsp turmeric powder
- 1 inch piece fresh ginger root, peeled and coarsely chopped
- 1 cup packed chopped kale
- 2 tsp ghee or olive oil
- 4 cups packed chopped vegetables (broccoli or cauliflower worked well)
- 1 cup packed parsley leaves, no stems

Instructions

1. In a 2 quart saucepan, combine 2 cups of vegetable broth and turmeric powder and bring to a boil on high heat. (Reserve 1 cup broth)
2. Add the chopped ginger, kale and mixed veggies. Stir, cover and simmer on medium heat for 10 minutes.
3. Stir in the parsley and ghee.
4. Remove from heat. Pour into blender adding the reserved 1 cup broth to cool it. Blend until very smooth. Thin with broth as needed.

The Story Behind the Recipe

I did a 3 day Ayurvedic cleanse last January and liked it so much, I did it again. It helps me recover from the excess and toxins of the holidays and starts me craving healthy whole foods instead of more Christmas cookies. This is my favorite recipe from the cleanse. It is just wellness in a cup! Enjoy.