

Alkalizing Green Detox Soup Recipe by Dr. Daryl



We've been bringing you GREEN recipes all month long, and today, we've got a tasty green soup to share.

It combines asparagus, kale, spinach, fennel, celery – all green super foods – with onion, carrots, garlic, lime, and seasoning for a flavor sensation you'll want to eat again and again.

Because it comes together in less than half an hour, you can eat it as often as you like. This is a hot soup, so all it takes is a few minutes on the stove, and then blending it in batches before serving to a creamy

consistency.

And the best part? Because it's full of alkalizing green veggies, it will give you abundant energy. To find out the fastest, easiest trick to energize, be on the look out for my blog post on Thursday.

Give it a try and let me know what you think over on [Facebook](#).

ALKALIZING GREEN DETOX SOUP

Ingredients [Serves 2]

- 1 bunch fresh asparagus, roughly chopped
- 1 small onion, diced
- 1 bunch kale leaves, roughly chopped
- 1 fennel bulb, diced
- 1 cup fresh spinach
- 2 celery stalks, roughly chopped
- 2 carrots, chopped
- 1½ cup vegetable stock (yeast free)
- 2 garlic cloves, minced
- 1 tsp. coconut oil
- 1 lime, freshly juiced
- Dash sea salt (Celtic Grey, Himalayan, or Redmond Real Salt) and black pepper
- Optional garnish: hemsps seeds
- Optional garnish: cayenne pepper



Directions

Heat the coconut oil in a soup pot. Then add the onion, garlic, asparagus, fennel, carrots, and celery stalks and cook for 5 minutes over low heat. Add the vegetable stock, bring to boil and simmer over low heat for 5-7 minutes. Add the kale leaves and spinach, cook for another minute, and remove from the heat.

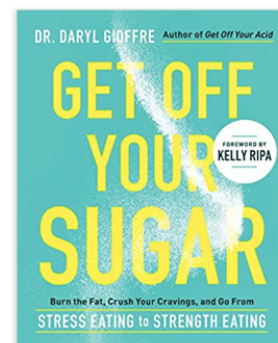
Transfer into a blender, add lime juice, and blend high to obtain a smooth creamy consistency. Add more vegetable stock to adjust the texture if desired. Serve warm, topped hemp seeds and/or cayenne pepper.

Want more easy, healthy dinner ideas?

How does a Thai Spring Roll Veggie Bowl or Sweet Potato Fries with Chimichurri Sauce sound?

My new book is packed with tasty dinners that cook in minutes to serve up a satisfying, anti-inflammatory meal that will help you end your sugar cravings and heal your body deliciously!

[GET OFF YOUR SUGAR:](#) *Burn the Fat, Crush Your Cravings, and Go From STRESS EATING to STRENGTH EATING* removes the guilt and shame many of us feel for our addiction to sugar, and replaces them with a powerful yet easy-to-follow program with practical tips to kick the sugar habit in your real life.



“Dr. Daryl's *GET OFF YOUR SUGAR* approach has not only changed my life, it has deepened my understanding of beauty from the inside out. If I've learned one thing in all of my experience, it's that what you put in your body is much more important than what you put on your face. This book will give you the power to transform your skin, energy, and health.” -**Bobbi Brown**, beauty guru, founder of *Beauty Evolution* and author of *Beauty From the Inside Out*

[Get your copy now!](#)

GET OFF YOUR ACID!
Dr. Daryl

#getoffyouracid #alkalinerrecipes #alkamind #plantbased #soup #vegan #dinnerideas