

Hearty Winter Detox Soup Recipe



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Need a detox?

If you've indulged a little too much at a holiday gathering, enjoyed one too many adult beverages at the office party, or just given into a few sweets lately, an easy and warming detox soup might be just the thing for you.

(Watch for my blog post on Thursday with my 5 best tips to prevent a hangover this holiday

Today's recipe is a rich and satisfying soup that will cleanse your liver as you enjoy it. With cayenne pepper, bay leaves, onion, and sweet potato, it's a flavor-filled soup that's perfect for any winter night.

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

HEARTY WINTER DETOX SOUP

Ingredients [Serves 4]

- 1 onion, chopped
- 2 celery stalks, chopped
- 1 sweet potato, peeled and chopped
- 3/4 cup dry split peas
- 2 bay leaves
- 6 cups filtered water or vegetable stock
- 2 medium zucchini, chopped
- 1 head broccoli, chopped
- 1 bunch fresh spinach, chopped
- 1/4 tsp. black pepper
- Cayenne pepper to taste (optional)
- 2 tsp. sea salt (Celtic Grey, Himalayan, Redmond Real Salt)



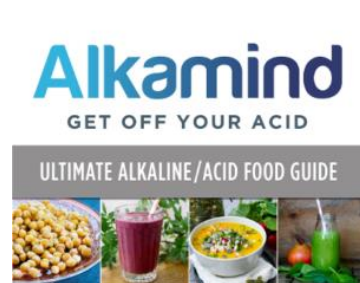
Directions

Place onion, celery, sweet potato, split peas, and bay leaves in a large pot with water or stock and bring to a boil. Lower the heat, cover, and simmer for 1 hour. Remove the bay leaves.

Add zucchini, asparagus, broccoli, spinach, basil, black pepper, and cayenne pepper to the pot and simmer for 20 minutes.

Next, transfer contents from pot to a blender in several small batches and blend until completely smooth (make sure blender lid is securely held in place).

Return to the pot and heat until steamy. Add sea salt to taste. Enjoy!



For more on which foods to avoid and which to eat more of (like the ingredients in green soups), get your free copy of [The Ultimate Alkaline/Acid Food Guide](#) now for easy, clear information about hundreds of foods!