



## ADDITIONAL SOUP RECIPES DURING 5 DAY DETOX

Enjoy these soup recipes during and after your 5 day detox protocol

They're high in nutrition, delicious, and the best part is that they're very easy to make.

### CELERY AND/OR CARROT

#### INGREDIENTS

- 1 tbsp. Coconut Oil
- 6 stalks Celery, and/or 6 carrots
- 1 Garlic (cloves, minced)
- 2 cups organic vegetable broth
- 1/2 tsp. Sea Salt

#### INSTRUCTIONS

1. Steam celery and/or carrots until soft. Add minced raw garlic, broth, coconut oil and sea salt to blender
2. Add to pot, warm up to desired temperature.

#### ADDITIONAL SPICES (if desired)

- 1/2 tsp. Cumin
- 1/2 tsp. Turmeric
- Sea Salt

### BUTTERNUT SQUASH

#### INGREDIENTS

- 1/2 Butternut Squash
- 1/2 tsp. Cinnamon
- 1 tbsp. Extra Virgin Olive Oil (divided)
- 1/2 tbsp. Ginger (grated)
- 2 cups Organic Vegetable Broth
- 1 tsp. Sea Salt (divided)
- 1/16 tsp. Cayenne Pepper

#### INSTRUCTIONS

1. Put squash into steamer approx 20 minutes, until soft.
2. Cut open and use a spoon to carve out the flesh and set aside. Discard the skin.
3. Place a large pot over medium heat, add in vegetable broth, cooked squash, sea salt and cayenne pepper. Reduce heat to a simmer.
4. Transfer soup to a blender or use an immersion blender to puree until the soup reaches a smooth, thick consistency.



*Foods Are Most Nutrient Dense When Raw,  
Juiced or Steamed*