

ELA'S GREEN DETOX SOUP



- 2 tbsp Avocado Oil
- 1 tbsp garlic
- Fennel Bulb
- Large Sweet Onion
- 2 cups Dandelion Leaves
- 2 cups of Fresh Organic Kale
- 32 oz of Organic Vegetable Broth
- 1/2 Organic Parsley
- 1 cup Organic Cilantro
- Juice of one Lime
- 1 tsp Cordecyp Mushroom powder (optional)
- Himalayan Pink Salt & Black Pepper to taste

Roughly chop the garlic, fennel, and sweet onion while heating the avocado oil in a large pot on medium heat. Add the garlic, fennel, and sweet onion to the pot and saute for five minutes until onions are translucent. Add broth, dandelion, and kale and bring to a boil.

Once the soup starts to boil, reduce to medium heat for about 15 minutes. Remove from the stove and let cool for an additional fifteen minutes. Add parsley, cilantro, lime juice, Cordecyp Mushroom, pink salt, and pepper.

Allow the soup to slightly cool (about ten to fifteen minutes), then place in a blender and puree until creamy and smooth.