

BEET DETOX SOUP (*Adapted from Natural Grocers*)

This delicious soup is the perfect antidote to a long season of overindulging. Light and flavorful and full of ingredients that support the body's natural detoxification processes, like beets, which support liver function, and turmeric to support bile

INGREDIENTS:

25 grams Extra Virgin Coconut Oil
533 g organic beets, scrubbed, ends trimmed
4 organic garlic cloves, minced
8 grams unpeeled ginger
1/2 teaspoon Natural Grocers Brand Bulk Organic Ground Turmeric
1 teaspoon Natural Grocers Brand Bulk Organic Ground Coriander Seed
1/2 teaspoon Natural Grocers Brand Bulk Real Salt
2 cups water
1 can Organic Coconut Milk
2 organic limes, juiced (about _____ T)

Optional garnishes :

reserved organic lime quarters
reserved coconut milk
chopped organic cilantro
chopped Dry Roasted and Salted Cashews
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PROCESS

1. Heat a soup pan over medium heat. Add coconut oil, swirl to melt and then add beets. Sauté, stirring occasionally, for 10 - 15 minutes.
2. Add garlic, ginger, and spices; cook 1 minute, stirring frequently.
3. Add water and bring to a boil. Reduce heat to simmer and partially cover. Simmer, stirring occasionally, until beets are fork tender, 10-15 minutes.
4. Add the lime juice and the coconut milk. Transfer to vitamix (make sure soup's not HOT); blend until smooth.
5. Return soup to pan and gently rewarm if it has cooled more than you would like.
6. Divide into serving bowls; add a dollop of skyr and top each with optional garnishes.