



Green Vegetable Soup

Serves 1

This vegetable soup is a potent blend of vegetables, herbs and spices, loaded with essential nutrients for restoring health and vitality. Rich in chlorophyll, it is an effective blood cleanser and antioxidant source. This is a very nourishing dish to support your detox or weight loss program. To maximise the nutritional value, cut your vegetables finely to reduce cooking time.

Ingredients

Green Asparagus	20 g
Carrot	15 g
Broccoli	20 g
Kale	20 g
Bok Choy	20 g
Garlic finely chopped	3 cloves
Shallot finely chopped	10 g
Bay leaf	1
Zucchini	15 g
Leek	10 g
Celery French	10 g
Vegetable stock	200 ml
Sea salt	Pinch
Ground black pepper	To taste
Coconut oil	3 ml
Spinach Puree	20 g
Herb garnish *	2 tbsp

* The Herb Garnish in our video was a mix of fresh parsley, tarragon, kaffir lime leaf, galangal, mint, coriander, ginger and lemongrass. You can make your own mix to suit your personal taste and what's available. You need about 2 tablespoons when chopped.

Method

1. Place the vegetable stock, garlic and shallots in a saucepan and bring to a gentle simmer.
2. Prepare all the vegetables by chopping finely. The aim is minimise cooking time to preserve the nutrients.
3. Once the stock is simmering, add all the chopped vegetables and the bay leaves. Simmer for 5-6 minutes (until vegetables are soft, but green colour is still preserved).

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4. Remove from heat and allow to cool slightly before blending for approximately 40 seconds on medium speed.
5. Return the blended soup to the saucepan, reheat, add spinach puree and season with salt and pepper to taste. Serve the soup into bowls and sprinkle each with 1 tbsp of the herb garnish mix and a small drizzle of coconut oil.

Recipes for Healthy Living

"Let food be thy medicine and medicine be thy food." Hippocrates

Simply following a healthy diet on a regular basis can significantly improve our wellbeing. Kamalaya's inspired healthy cuisine combines the ancient healing traditions of China and India with current medical research to create delicious, nutritious cuisine that supports optimal health. See more healthy recipes here: www.kamalaya.com/recipes.htm

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