



## Healing Alkaline Soup

### INGREDIENTS

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|----------------------------------|---|
| 1 TBSP olive oil                 | 2 leeks, white and a little green part, roughly chopped |
| 2 large cloves garlic, chopped   | ½ small head cauliflower, roughly chopped               |
| 1 head broccoli, roughly chopped | 2 sticks celery, roughly chopped                        |
| 3 cups chicken stock             | ½ large bunch of Italian parsley chopped                |
| 3 large handfuls of baby spinach | Salt and Pepper to taste                                |

### DIRECTIONS

Heat the oil on low heat. Add leeks, garlic and celery and cook until soft but not brown. Add the remaining vegetables except parsley stirring slowly for about 5 minutes. Add chicken stock, salt and pepper. Turn up heat and bring to boil. Cover and turn heat down to simmer about for 10 minutes. Add parsley and simmer for another 10-15 minutes or until vegetables are soft. Blended with a hand blender or regular blender until fully pureed. Serve hot. Makes 4 servings; each approximately 110 calories.