



Cauliflower, Kale & Lentil Detox Soup

6 servings
40 minutes

Ingredients

- 2 tbsps Extra Virgin Olive Oil
- 1 Yellow Onion (diced)
- 2 stalks Celery (diced)
- 2 Carrot (medium, peeled and diced)
- 4 Garlic (cloves, minced)
- 1 head Cauliflower (chopped into florets)
- 4 cups Kale Leaves (chopped)
- 6 cups Vegetable Broth
- 2 1/4 cups Lentils (cooked)
- Sea Salt & Black Pepper (to taste)

Nutrition

Amount per serving	
Calories	187
Fat	5g
Carbs	27g
Fiber	10g
Protein	10g
Calcium	100mg

Directions

- 1 Heat the olive oil in a large pot. Add the onion, celery, and carrots. Cook for about 10 minutes, or until veggies are softened. Add the garlic and cook for 2-3 more minutes.
- 2 Add the cauliflower, kale, and vegetable broth. Bring to a boil then reduce heat to a simmer. Let simmer for 20 minutes.
- 3 Stir in the cooked lentils and season to taste with sea salt and black pepper. Divide between bowls. Enjoy!

Notes

Leftovers: Refrigerate in a covered container up to 4 days. Freeze up to 6 months.

Serving Size: One serving is equal to approximately 2 cups of soup.



Strawberry Banana Oat Smoothie

1 serving

5 minutes

Ingredients

1 cup Oat Milk
1/4 cup Oats (rolled)
1 cup Frozen Strawberries
1/2 Banana (medium)
3 Ice Cubes
132 grams Tofu (soft)

Nutrition

Amount per serving	
Calories	436
Fat	14g
Carbs	65g
Fiber	11g
Protein	20g
Calcium	772mg

Directions

- 1 Add all ingredients to a blender and blend on high until smooth. Pour in a glass and enjoy!

Notes

Leftovers: Best enjoyed immediately. Refrigerate in an airtight container for up to two days.

Serving Size: One serving is approximately two cups.

Additional Toppings: Granola and/or hemp seeds.