

# Medicinal Green Soup

serves 1

total time 10 minutes

A great light soup loaded with medicinal properties to help boost immunity and fighting any kind of illness you feel coming on.

## ingredients

2 cups organic bone broth (chicken or beef)

large handful of greens of your choice (I like spinach)

fresh herbs of your choice (about 1 tbsp of each)

1 clove of garlic

good quality real salt to taste

½ avocado (optional)

## instructions

1. In a small saucepan, gently heat bone broth, greens and herbs until it's as hot as you'd like it and greens have started to wilt.
2. Add bone broth, greens, herbs and garlic to a blender. Blend on high for 30-60 seconds until greens are fully blended. Taste and season to your liking with salt.
3. Pour into a bowl, over 1/2 chopped avocado if desired, and enjoy!

