

Cream Dill and Spinach Detox Soup

1 long English Cucumber, scrubbed and roughly chopped
1-3 TBSP Coconut Water or Spring Water
1 Cup of Spinach, packed
½ Avocado
1 Scallion, roughly chopped
1 small clove of Garlic
1 Inch knob of Ginger
3 TBSP roughly chopped Fresh Dill (3 tsp dried)
3 TBSP roughly chopped Cilantro
Pinch of Himalayan Salt
Garnish with your favorite diced vegetables

Place cucumber in a blender and process until well liquefied. Use the coconut water if necessary , scrape down the sides to help it along . Add the spinach, avocado, scallion, garlic, ginger, dill and cilantro and blend until smooth and creamy. Season if necessary with a little salt. When not cleansing you can drizzle with a little olive oil. Garnish with your vegetables.