



# SPRING TIME SOUP

*According to Chinese Medicine, spring is all about the liver and gall bladder.*

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## INGREDIENTS

- 1 tablespoon of coconut oil
- 1 brown onion, diced
- 2 cloves of garlic, crushed
- 2 heads of broccoli, chopped
- 4 celery sticks, chopped
- 1 litre of vegetable stock
- 1/4 cup of parsley, chopped
- 1/4 cup of mint, chopped
- 1 handful of baby spinach
- 1 lemon, juiced
- 1 tin of coconut milk
- Salt and pepper to taste

*Spring is a time of renewal, regeneration, growth and energy.*

*It is associated with the colour green and the flavour sour.*

*Spring is one of the best times of year to focus on intentional personal and emotional development.*

## METHOD

- 01** Heat oil in a large pot then add garlic and onion. Sautee until soft.
- 02** Add broccoli and celery (stems of broccoli included). Add vegetable stock. Simmer on low heat for 30 minutes or until vegetables are soft.
- 03** Add salt and pepper, parsley, mint and baby spinach. Stir until baby spinach is wilted.
- 04** Remove from heat and blend in food processor. Stir in tin of coconut milk and juice of 1 lemon.

