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Emma's Detoxification Soup

Ingredients

1 large brown onion – roughly chopped

6 gloves garlic – roughly chopped

½ teaspoon Dulse flakes

30ml extra virgin olive oil

1 litre chicken stock

300gr fresh broad beans - double peeled

200gr spinach

200gr watercress

1 large bunch parsley – roughly chopped

Instructions

Sauté onion, garlic and dulse flakes in extra virgin olive oil. Add chicken stock and bring to a gentle simmer. Add broad beans, spinach, watercress and parsley and cook for ½ hour. Blend soup thoroughly and cook for another 10 minutes.