

# FIONA TUCK

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NUTRITION WELLNESS YOGA



## Spinach and Artichoke Detox Soup

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### Ingredients:

#### *For the soup:*

- 1 tablespoon coconut or macadamia oil
- 1 fennel bulb, chopped roughly
- 2 cloves garlic, peeled and minced
- 2 celery sticks, chopped roughly
- 3 Jerusalem artichoke bulbs, peeled and chopped roughly
- 1 teaspoon black pepper
- 4 cups vegetable stock or bone broth
- 1 pinch sea salt flakes
- 400 g baby spinach leaves

#### *To serve:*

- Squeeze of lemon juice
- Dollop of Greek yoghurt

Prep: 10 mins

Cook: 10 mins

Serves: 2

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### Directions:

1. Place all soup ingredients, except for the spinach leaves, in a stock pot and bring to a boil. Reduce heat then simmer for 10 minutes before adding the spinach and blending.
  2. Serve with a squeeze of lemon juice and a dollop of Greek yoghurt.
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