

FIONA TUCK

NUTRITION WELLNESS YOGA



Spinach and Artichoke Detox Soup

Prep: 10 mins

Cook: 10 mins

Serves: 2

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:

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.