GRANDMA'S REMEDIES

# Delicious Detox Soup Recipe for Flushing Out Excess Weight

By bestfolkmedicine · 12/12/2018 · 2 min read



*If you have set a goal to shed surplus weight, better your health and digestion,and completely cleanse your body of toxins, you definitely need this delicious detox soup.*

ezstandalone.cmd.push(function () { ezstandalone.showAds(122); });

*A proper detox plan needs to supply you with the needed nutrients (such as the ones in this soup) and prevent starvation or dissatisfaction with food. The soup is full of healthy veggies and a lot of fiber that will remove preservatives, reduce cravings, and give your digestive system the much needed rest.*

**Benefits of Detox Soups**

According to Word to Your Mother Blog, following a detox soup regimen has numerous advantages, including removal of toxins from the body, weight loss encouragement, and better digestion. The soup recipe we have prepared for you today is the ideal choice for a complete cleanse of chemicals from processed foods, dairy, sugar, and meat. And, it will also help you shed those few extra pounds you have gained.

ezstandalone.cmd.push(function () { ezstandalone.showAds(130); });

- ***Soup is a healthy comfort food for cold winter days***
- ***Soups have a low GI and are rich in fiber***
- ***They will prolong your satiety***
- ***Homemade soups do not cause blood sugar spikes***
- ***Soups that are rich in fat and calories are not healthy food options***

**Extra tip:**

**If you go a bit 'too far' for the upcoming holidays in terms of food, this soup is an excellent option to bring your body back into shape.**

**Maha Detox Soup Recipe**

The 3 basic 'rules':

- *Choose fresh produce only*
- *Use homemade vegetable stock*
- *The Ayurvedic spices need to be ideally mixed*

You will need:

***A cup of celery, yellow peppers, string beans, and onions; chopped***

ezstandalone.cmd.push(function () { ezstandalone.showAds(131); });

***½ cup of root veggies like beets or carrots***

***A cup of green veggie mix (chard, spinach, and kale)***

***½ cup of red kidney beans***

***½ tsp of garlic and ginger paste***

***2 tsp of Ayurvedic spice mix (black pepper, coriander, turmeric, clove, cinnamon, and cumin)***

ezstandalone.cmd.push(function () { ezstandalone.showAds(132); });

***2 cups of veggie stock***

***A cup of water***

***Sea salt, ½ tsp***

Preparation: Steam-cook the root veggies first. In a pot, add the Ayurvedic spices and bring them to low heat. Roast them until a pleasant aroma begins to spread. Add the mixture of chopped veggies and sauté them for a couple of minutes. Now, add one cup of veggie stock and leave the mixture to simmer by covering it with a lid.

After 15 minutes or once the veggies have become softer, add the other veggie stock cup and the remaining veggies. Simmer for 10 more minutes. Next, add the root veggies and the water. Simmer for 5 minutes. Turnoff the heat and remove the pot from the stove. Serve while warm. Enjoy!

Serve with freshly-made whole wheat bread slices.

Sources:

WORD TO YOUR MOTHER BLOG

CLEAN FOOD HOUSE

---

**Read online:** https://bestfolkmedicine.com/2018/12/delicious-detox-soup-recipe-for-flushing-out-excess-weight/

Downloaded on 28/11/2026

DISCLAIMER: We do not provide medical advice and nothing contained herein shall be construed as medical advice. The contents such as text, comments, graphics, images, videos and other content contained on this site are for informational purposes only. Statements on this website have not been evaluated by the Food and Drug Administration, and are not intended to diagnose, treat, cure or prevent any disease. Always consult your personal physician before starting any fitness or exercise program or changing dietary habits. The content of this site is not intended to be a substitute for professional medical advice, diagnosis, or treatment. It is not a substitute for a medical exam, nor does it replace the need for services or counsel provided by medical professionals.