FOOD

Nourishing & Detoxifying: Secret Cucumber Soup Recipe

By bestfolkmedicine · 21/07/2022 · 1 min read



Detoxes are a great way to remove toxins from the body. However, store-bought detox kits may often be overpriced so it's pivotal to know less expensive, yet equally effective methods for body detoxification.

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The good news is that the foods we eat can help us cleanse the body. Whenever possible, we should opt for whole, fresh foods that will make us feel good on the inside and on the outside.

When talking about detoxes, this secret cucumber detox soup is a must, especially for the summer period because it's so refreshing and nourishing!

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It's rich in cucumber which is praised for its liver-cleansing properties, as well as avocados that are rich in healthy fats and offer a creamy texture.

DIY Secret Cucumber Detox Soup Recipe

You will need:

1 cucumber, peeled and deseeded

1 tbsp of minced onion

1 avocado, peeled

1 tbsp of olive oil

1 tbsp of lemon juice

1 tbsp of apple cider vinegar

A cup of water

¼ tsp of sea salt

¼ tsp of chili powder

A dash of cayenne pepper

Prep:

Put all of the ingredients in a Vitamix or a blender and blend for several minutes on high speed until you get a homogenous mixture.

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Serve into dishes and garnish with a few cucumber cubes and a dash of smoked paprika.

Enjoy!

Sources:

DR AXE

BIG OVEN

Read online: https://bestfolkmedicine.com/2022/07/nourishing-detoxifying-secret-cucumber-soup-recipe/

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