

# SECRET CUCUMBER DETOX SOUP RECIPE



This recipe is packed with cucumber, renowned for cleansing the liver, our body's main detoxing organ. This detox soup also includes avocado, which adds healthy fats and a creamy texture.

## INGREDIENTS

- 1 cucumber (peeled and de-seeded plus additional cuke for garnish)
- 1 tablespoon onion (minced)
- 1 avocado, peeled
- 1 tablespoon olive oil
- 1 tablespoon lemon juice
- 1 tablespoon apple cider vinegar
- 1 cup water
- ¼ tsp Sea Salt
- ¼ teaspoon Chili Powder
- 1 dash of Cayenne Pepper
- Paprika for garnish

## DIRECTIONS

Throw all ingredients into a Vitamix or high-powered blender and blend on high speed until smooth. Serve, garnishing with extra cucumber cubes and smoked paprika if desired.

\*\*\*Serves 4

Source: Dr Axe (online)