
Watercress Detox Soup

Posted by [Editor-In-Chief](#) / 11 Oct 2017

Watercress Detox Soup

Watercress has been shown to help the body detox and is effective for weight loss.

2 tbsp. coconut oil
2 cups sweet onion, diced
1 cup celery, diced
1 tsp. sea salt to taste
4 medium zucchini, diced (yields about 8 cups)
4 cups vegetable, chicken, or bone broth
cup unsweetened almond butter, creamy or crunchy
2 cups watercress, chopped
2 tsp. fresh lemon juice (1/3 lemon, juiced)
Freshly ground pepper to taste
1/4 cup parsley, chopped

Saut the onion and celery with half the salt until translucent, about five minutes. Add zucchini and saut for three more minutes. Add broth and the other half-teaspoon of salt. Stir in almond butter, bring to boil. Add the watercress and let simmer for five minutes.

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