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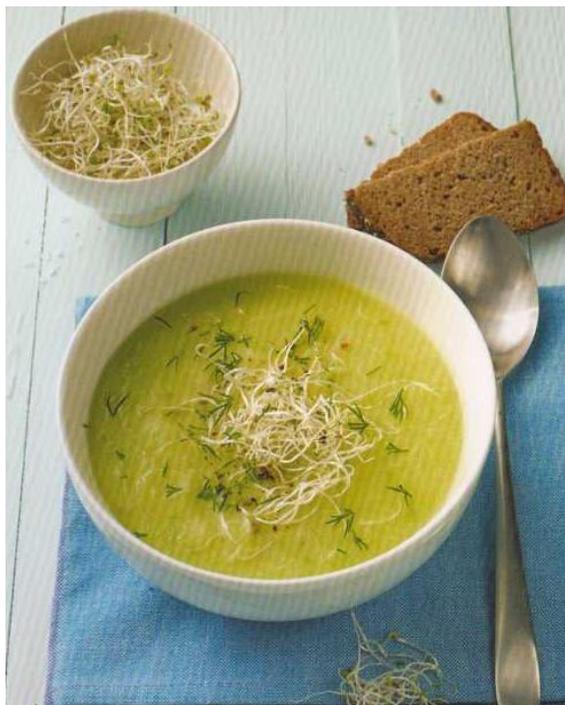
Zucchini soup with Bean sprouts

Ingredients (for 1 serving)

1 Serving of veggies (Zucchini, parsnips, 1 tablespoon diced onion)
250 ml vegetable stock
Salt, white pepper
1 Serving of sprouts (such as radish or alfalfa sprouts).
1 teaspoon chopped soa (soya saag)

Method:

1. Wash zucchini, peel, halve and scrape out the seeds and cut the flesh into small cubes. Peel the parsnips, clean, and cut into small cubes.
2. Heat a pan without fat. Add onions, zucchini and parsnip. Saute them.
3. Pour broth and vegetables over medium heat 15 minutes simmer.
4. Puree contents of the pot with an immersion blender. Season soup with salt and pepper. Before serving, stir in the sprouts and sprinkle the soa over it.



Tip: Peeled Zucchini revealed a creamy soup. You can puree the zucchini unpeeled.



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Pumpkin and Ginger Soup

Ingredients (for 1 serving)

1 serving of grain mix
1 teaspoon black sesame
1 serving of vegetables (pumpkin, 1 tablespoon diced onion)
1 sprig rosemary
1 garlic clove
1/2 red chili pepper
Fresh ginger
300ml vegetable broth
Salt, pepper

Method:

1. Heat a non-stick frying pan, roast in it the grain mix and then remove. Toast the sesame well.
2. Wash, peel and roughly chop the pumpkin.
3. Pluck rosemary needles from its arm and chop finely. Peel garlic and chop finely. Wash and chop the chilli. Peel the ginger and grate finely.
4. Put Vegetable broth in a saucepan and add all spices. Add pumpkin and onion. Cook till they are soft. Puree the vegetables and season with salt and pepper.
5. Before serving, mix the grains and sesame seeds to the soup.

Tip: If taking the soup to the office, fill it in a thermos and pack the seeds and grains separately.





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Easy Peasy Vitality Detox Soup

By Melanie Hesketh, RHN

This simple recipe is chock full of flavour! Containing loads of cruciferous vegetables which are rich with phytonutrients for disease prevention, to improve immune function, digestion and to aid in phase 2 detoxification activity.

Tomatoes- contain lycopene which helps to protect the liver. Did you know that cherry tomatoes contain more lycopene than regular tomatoes but cooking tomatoes will release more lycopene?

Onions- high in Vitamin C and chromium. Did you know that chromium helps to regulate blood sugar, increase energy and reduce cravings?

Cabbage and Broccoli- Cruciferous vegetables have anti-cancer properties and aid in the body's natural detoxification systems.

Garlic- a cleansing agent that contains healing properties due to the allicin it contains.

Turmeric- an anti-inflammatory healing spice loaded with antioxidants. Good for brain and heart health plus cancer prevention.

The Recipe:

2 x 900 ml Low Sodium Organic Vegetable Broth (better yet, make your own!)
3 carrots (approx. 1.5 cups)
2 small onions (approx. 1 cup)
4 cups chopped broccoli
3 cups roughly chopped cabbage
2 cups crushed tomatoes or fresh chopped tomatoes
1 tsp turmeric
4 cloves crushed garlic
¼ tsp cinnamon
¼ tsp cayenne pepper

Place all ingredients into a slow cooker and place on high for 5 hours or until vegetables are cooked. Alternatively, you could also cook on the stove top.

Once done, serve up a bowl or two and ENJOY the cleansing benefits!



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Homemade vegetable stock

Ingredients:

14 cups water
4 celery stalks with leaves, chopped
4 carrots (if in your plan), chopped
1 cup green cabbage, chopped
1 cup mushrooms, chopped
1 onion, chopped
12 cloves garlic
1/2 leek
1/2 celery stalks
10 sprigs of parsley
2 bay leaves



Method:

1. Dice all the ingredients into small pieces, and combine them in a large pot. Simmer for at least 2 hours. Bring to a boil and then reduce heat to medium and cook for one hour.
2. Strain through a colander. Press the vegetables against the colander to press out as much juice as possible. Add coarse sea salt and pepper, or any herbs you like, to taste. The stock becomes even more flavoursome