

Spinach is Cleansing

Occasionally interspersed light meals are cleansing and essential to our physical well-being. Without periodic breaks, our delicate organs become cumulatively overtaxed by the grueling job of digesting heavy foods and ridding the body of unnecessary nutrients which, when consumed in excess of a modest, beneficial quantity, can transform into toxins capable of uncomfortable, potentially lethal destruction inside our bodies.

To make an easy, healthful light meal of creamy spinach soup, heat stock (vegetable or chicken). Add spinach (baby or regular), fresh cilantro (substitute dry if needed), one or two cloves of chopped garlic, tahini (optional), sea salt, and lemon juice. Use a blender to combine everything roughly, then return to medium heat for a few minutes to heat through. Assemble a sauce from sour cream or plain yogurt flavored with a dash of olive oil, lemon juice, sea salt, and cumin if desired. Drizzle the chilled, refreshing mixture over bowls of warm soup before enjoying with a side of toasted bread.

Try the same recipe using any leafy green vegetable; create variations by adding beans or nuts.

