

# Detox Blender Soup

Recipe by Joy McCarthy from Joyous Health

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## Ingredients:

- 1 cup roasted sweet potato
- 1/2 cup fresh parsley or basil, loosely packed
- 2 cups kale, washed and torn from stems, loosely packed
- 3 cups spinach, loosely packed
- 1/2 tsp garlic powder
- 3-4 green onions
- 3 cups hot veggie or chicken stock
- juice from 1/2 a lemon
- 1/2 tsp sea salt
- 1/2 tsp paprika
- garnish with hemp hearts

## Instructions:

1. Put all ingredients into a blender and blend on high for 30 seconds.

## Notes:

Makes 6 cups of soup.