

CLEANSING SOUP

- 3 cups filtered water
- 1 Tablespoon freshly grated ginger root
- 1-2 Tablespoons miso paste (South River Miso Company)
- 1-2 green onions, chopped
- 1-2 Tablespoons cilantro, chopped
- 1 Tablespoon kelp flakes, optional (<http://www.ryandrum.com/>)
- 1-2 pinches cayenne pepper
- 1 teaspoon olive oil
- ½ lemon, juiced

Boil water in a small pot; add ginger and simmer on low for 10 minutes. Turn off heat; stir in miso paste until dissolved. Add green onions, cilantro, kelp, cayenne, olive oil, and lemon juice. Cover and steep for 10 more minutes.



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