

Detox Soup Variations per 16 oz.

For Spicy (choose 1):

- Add 1 tsp. cayenne pepper
- 1 tsp. red chili flakes
- 1 tbsp. cayenne pepper and lemon, lemon pepper
- Add curry spice to either soup for an extra kick

For Creamy (choose 1):

- Add $\frac{1}{4}$ cup of coconut milk
- Add $\frac{1}{4}$ cup of almond milk

For Consistency (choose 1):

- Add cup brown rice
- Add 1 avocado, sliced
- Add cup black beans
- Mix a little of all three above

Seasonings to change flavor (Choose 1):

- 1 tsp. Curry Powder
- 1 tsp. Cumin Spice

To add fat (choose 1):

- Add 2 tsp. Coconut oil
- 4 slices avocado
- Or $\frac{1}{4}$ cup coconut milk