

Light and Creamy Zucchini-Pea Soup

This is the easiest light green soup made with 5 ingredients + salt and water! It is energizing and detoxing and perfect for early spring.

Ingredients:

- 4 tablespoons olive oil
- 10 medium size zucchinis, sliced into rounds
- 3-4 garlic cloves, thinly sliced
- 1 tablespoon salt
- 5-6 cups of water
- 1 bag frozen peas
- 4-5 cups spinach

Directions:

1. Heat up the oil on medium heat in the pot and add the zucchini rounds. Saute the zucchini by constantly stirring, until most rounds are slightly browned on both sides.
2. Add salt, garlic and continue to saute for another 2 minutes until the garlic is slightly browned. Add the water to just cover the zucchini. Bring to a boil. Lower heat and cook for 10 minutes.
3. Add the frozen peas and continue to cook for another 5-8 minutes.
4. Add the spinach and use an immersion blender for 2 minutes to puree the soup.
5. Option: garnish the soup with mint leaves and roasted pine nuts to serve!

