

Dandelion Soup

1 ½ cups water
2 cups spinach or romaine lettuce
1 cup dandelion greens
2 carrots, peeled and chopped
2 celery ribs, chopped
1 Tbsp extra virgin olive oil
1 clove garlic, peeled
Juice from ½ lemon
1 Tbsp raw apple cider vinegar
⅓ cup sweet onion
2 radishes
½ tsp. dried basil

Place all ingredients in a blender and blend until creamy.
Best when allowed to chill in the refrigerator for a couple of hours.

Recipe by Christopher Young from myhdiet.com