

Anti-Inflammatory • Dairy-Free • Gluten-Free

Detox Curry Bowl

Ingredients (serves 4):

- Onion, garlic, ginger
- Broccoli, carrots, bell pepper, zucchini, spinach
- 1 cup vegetable broth (for sautéing)
- 1 can light coconut milk
- 1 cup vegetable broth
- Curry powder, turmeric, cloves, smoked paprika
- Lime juice, optional maple syrup
- Cooked brown rice

Instructions:

- Sauté onion, garlic & ginger in broth until soft.
- Add veggies; sauté briefly.
- Stir in coconut milk, broth & spices.
- Simmer 10-12 minutes until saucy.
- Add spinach to wilt.
- Finish with lime. Serve over brown rice.

Benefits: Oil-free, anti-inflammatory, gut-soothing, antimicrobial, blood-sugar-friendly, deeply comforting.

