

# *Soaring Crane Natural Health Center*

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## **BIELER BROTH**

### Vegetables Needed:

2 medium zucchini

1 cup green beans

2 stalks celery

chopped parsley

clove of garlic

Chop 2 medium zucchini, 1 cup of green beans, 2 stalks of celery into a steamer and steam until very soft (about 15 minutes). Place veggies, steaming water, and a handful of chopped parsley in a blender and blend until smooth (about 1-2 minutes). If you like garlic, a clove may be added as you blend for additional flavor.

Makes 2-3 bowls.

This very nutritious broth is helpful during acute illness and as part of a detoxification/ cleansing program. Sip hot through the day.