

Rebecca O'Reilly

NUTRITIONIST · NATUROPATH

Tomato, Mango, Spinach Soup

SERVES 1

INGREDIENTS

- 1 cup grape/cherry tomatoes
- 1 cup frozen mango
- 1 stalk celery
- 1 garlic clove
- 1 orange, squeezed
- 4 cups baby spinach
- 2 basil leaves or a few sprigs of cilantro

METHOD

Blend the tomatoes, mango, celery, and garlic and basil with the juice of 1 orange until smooth. Add the spinach by the handful until completely incorporated. Serve and enjoy immediately!