

## Health Benefits of Ingredients

- **Olive Oil** - a rich source of antioxidants, anti-inflammatory, improves blood vessel health.
- **Vidalia Onion** - controls blood sugar, anti-bacterial properties, great for oral health.
- **Garlic** - anti-bacterial properties, reduces blood pressure, improves cholesterol levels.
- **Broccoli/Cauliflower** - high in fiber, rich in vitamins C and K, rich in glucosinolates that reduce cancer risk.
- **Parsley** - promotes bone health, great for your eyes, fights inflammation, aids digestion, and promotes fresh breath (chlorophyll).
- **Celery** - rich in vitamins A, C, and K, rich in minerals like potassium and folate, and low in sodium.
- **Cannelini beans** - fat-free, rich in iron and magnesium, ¼ C = 11g protein, supports healthy cholesterol levels.
- **Cumin** - fights bacteria and parasites, aids in weight loss, promotes digestion
- **Sea salt** - less processed, contains more trace minerals, helps regulate blood pressure and hydration levels if consumed in proper proportions.
- **Red pepper flakes** - aids in circulation, boosts metabolism, strengthens the immune system
- **Black pepper** - stimulates hydrochloric acid, which aids digestion, boosts white blood cells, helps absorb nutrients from food
- **Spinach** - a rich source of vitamins and minerals, supports eye health, supports skin, hair, and bone health.
- **Lemon** - improves digestive health, boosts the immune system, supports healthy liver and kidney function.

### *Garnishes:*

- **Avocado** - rich in potassium, boosts your mood because they're rich in folate, rich in vitamin E, which supports brain health.
- **Cilantro** - anti-oxidant, anti-bacterial, anti-inflammatory, removes heavy metals from the body.
- **Scallions** - rich in vitamin K which helps blood clot and maintains healthy bones.
- **Basil** - rich in omega-3 fatty acids, which are great for cardiovascular health.
- **Mint** - anti-oxidant, anti-inflammatory, great for indigestion.
- **Toasted pumpkin seeds** - great for bone health, heart health, and supports the immune system.