

Lemon Coriander Soup is a tangy, clear soup rich in Vitamin C and aromatic freshness. It's perfect when you're looking for something light yet revitalizing, and it supports digestion, clears ama (toxins), and uplifts your mood.

What Is Lemon Coriander Soup?

This is a clear broth-style soup made using fresh lemon juice and lots of chopped coriander leaves, mildly spiced with ginger and jeera. It's a sattvic, healing bowl often used in Ayurvedic kitchens during seasonal changes or mild illness.

How to Make Lemon Coriander Soup: The Traditional Way

□ Ingredients:

- 1 tbsp **fresh coriander leaves**, finely chopped
- 1 tsp **grated ginger**
- ½ tsp **jeera (cumin seeds)**
- 1-2 tsp **ghee** or **cold-pressed oil**
- 2½ cups **water**
- Juice of ½ a **fresh lemon** (adjust to taste)
- **Rock salt** to taste
- A pinch of **black pepper** or **long pepper** (optional)
- Optional: 1 tsp **moong dal water** or **vegetable broth** for depth

□ Method:

1. **Make the Base:**
 - Heat ghee in a pan. Add jeera and let it splutter.
 - Add grated ginger and sauté for a few seconds.
2. **Add Water & Simmer:**
 - Pour in water, add salt and optional moong dal water. Let it simmer for 5-6 minutes.
3. **Add Coriander & Lemon:**
 - Switch off the heat. Stir in chopped coriander and lemon juice. Let it steep for a minute.
4. **Serve:**

- Strain (optional), or serve as is with all the herbs. Sip warm.

▣ Ayurvedic Benefits

- **Coriander** is tridoshic, especially calming for [Pitta](#) and [Kapha](#).
- **Lemon** enhances agni (digestive fire) and helps in **cleansing toxins**.
- **Jeera and ginger** aid in reducing bloating and support absorption.
- Great for post-illness recovery, fasting, or when digestion feels sluggish.

▣ Pro Tips from the Indian Kitchen

- Always **add lemon juice after switching off the heat** to preserve Vitamin C.
- Use **tender coriander stems** for more flavor.
- For a slightly thicker version, add a spoon of **rice starch** or **moong dal stock**.

♥ Why We Love Lemon Coriander Soup

- Clean, clear, and hydrating
- Instantly energizing without heaviness
- Makes you feel light yet nourished
- Ideal during weather transitions and emotional lows

▣ Ideal For

- [Pitta](#) and [Kapha](#) balancing
- **Fasting days or post-festive detox**
- **Evening light dinners**
- **Colds, cough, or sore throats**
- **Pregnancy nausea (with ginger omitted)**

