

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)**

