

Cauliflower-Almond Soup



SERVES 4

Vegetables need to be interesting and delicious to increase consumption. Cauliflower is a cruciferous vegetable with many studies showing health benefits. This recipe makes cauliflower soup very tasty with almonds, oils and flavors. It's also easy and quick to prepare.

Nutrition Information

Amount Per Serving:

163 calories, 12g fat, 12g carbohydrates, 5g fiber

Individual Serving Size:

8 oz. soup

Ingredients

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| 1 head cauliflower | 1 tbsp. olive oil |
| 1 leek, cleaned, white part only | 2 cloves garlic |
| 1 tbsp. toasted almond oil | 1 tbsp. chives, chopped fine |
| ¼ cup almonds, blanched | Salt and white pepper to taste |
| 1 tsp. madras curry | |

Directions

Add all of the ingredients into a pot and cover with water. Cook for 30 min. until cauliflower is tender. Place all ingredients, except chives, into a blender and puree till smooth. Adjust seasoning. Garnish with fresh chopped chives.

This soup is great as a sauce for scallops as well.