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Creamy Cauliflower Soup

Serves 4

2 Tbsp extra virgin olive oil
1/2 medium onion, diced
2 cloves garlic, sliced
1 medium cauliflower, cut into 2-inch chunks
1/4 cup raw cashews
2 Tbsp sesame seeds or 1 Tbsp tahini
1/4 avocado
salt and freshly ground black pepper, to taste
1 Tbsp chopped fresh parsley

Heat the oil in a medium soup pot over medium heat.

Add the onion and garlic and sauté for 5 minutes, until translucent.

Add 4 cups water, cauliflower, cashews and sesame seeds or tahini.

Bring to a boil, reduce heat to low, and simmer for 10 to 15 minutes or until cauliflower is tender.

Let cool for 5 minutes.

Transfer to a blender, or use a hand-held immersion blender directly in the pot and blend with avocado until smooth.

Season with salt and pepper.

Drizzle with 1/4 tsp extra virgin olive oil and chopped parsley.

Serve warm or chilled with salad and protein of your choice.