



ALLERGIES:

No grains
No dairy
No eggs
No gluten
No nuts
Low disaccharides

Prep time: 15 mins

Cook time: 30-40 mins

Serves: 4-6

INGREDIENTS

- 3 tbsp coconut oil
- 3 spring onions, sliced roughly
- 2 tsp ground tumeric
- 1 clove garlic, crushed
- 2 sticks celery, roughly sliced
- 1 large parsnip, roughly chopped
- 1 medium cauliflower, broken into florets

HEARTY CAULIFLOWER SOUP



- 1 tsp ground nutmeg
- 1 tsp salt
- 1/4 tsp pepper
- 1 litre water (or stock)
- 1 cup coconut cream (or milk)
- coriander finely chopped to garnish

METHOD

- Heat coconut oil in large saucepan,
- Add onions, tumeric and garlic and cook 2 minutes while stirring.
- Add nutmeg, celery and parsnip and cook 3 minutes while stirring.
- Add cauliflower, salt and pepper and cook for 10 minutes, stirring.
- Add water (or stock) and bring to the boil, then simmer for 20-30 minutes until cauliflower is soft.
- Blend with a stick blender (or use any food processor).
- Add coconut cream (or milk), and stir until heated through.
- Ladle into soup bowls and sprinkle with finely chopped coriander.

NOTE:

Parsnip can be replaced with potato or sweet potato, but this will render the soup **NOT** low disaccharides.