

Creamy Cauliflower Soup by Sondra Wiederman

Ingredients:

¼ cup raw sunflower seeds
3 cups raw milk
1 ½ tsp. mild curry powder, divided
1 cup chopped onion
3 cloves garlic
1T coconut oil (or evoo)
6 cups cauliflower florets
1 cup carrots, diced
½ tsp. sea salt

Instructions:

Preheat oven to 350 degrees. In a small bowl, toss sunflower seeds with 1tsp milk and 1/2 tsp. curry powder. Spread out on a small parchment lined pan and bake for 6-8 min, stirring 1-2x. Set aside.

Heat oil in a large pot over medium heat. Add onion, garlic and curry. Cook until soft, about 10 in minutes. Add cauliflower, carrots, salt and the almond milk. Cover and simmer until cauliflower and carrots are very tender, about 30 minutes. Working in batches, carefully puree mixture in a blender until smooth. Add more liquid for desired consistency. Transfer to bowls and garnish with sunflower seeds.

*You can use ½ water or broth if you want.