



## CREAMY ROASTED VEGAN CAULIFLOWER SOUP

### INGREDIENTS

- 1 pack (32 oz/ 907g) – org cauliflower florets or 1 big org cauliflower
- 2 cups (480 g) – org veggie stock
- 1 cup (240 g) – org plant-based milk (oat milk used)
- 1 cups (140 g) – org raw cashew nuts (soak as per Tip#1 instructions)
- 2 tsp (4 g) – himalayan salt (or celtic salt)
- 3 - org garlic cloves (medium size)
- 1 – sprig org fresh tarragon

PREP TIME: 5 MIN  
COOKING TIME: 35 MIN  
TOTAL TIME: 40MIN  
SERVES: 4-5

VEGAN  
GLUTEN-FREE  
OIL-FREE  
SOY-FREE  
NO THICKENING AGENTS

### DIRECTIONS

*Tip#1: Soak the cashew nuts overnight with double the amount of filtered or purified water – 1: 2 ratio, and 1 tsp of salt (1 tsp to 1 cup). Refrigerate if soaking overnight. Soak for a minimum of 4 hours on top of the counter. Drain the soaking water and rinse well before adding the nuts to the composition.*

*Pre-heat oven to 400°F (200°C).*

#### Step 1

Rinse and wipe dry the cauliflower florets. Place cauliflower florets in a baking pan, with the three unpeeled garlic cloves. Sprinkle 1 tsp of salt on top and place to bake for 15 minutes. After the 15 minutes, set your oven on the broil function and leave florets and garlic to roast (until the skin is golden brown) for 15 more minutes.

#### Step 2

Remove baked florets and cloves from the oven and let rest of a couple of minutes. Set aside a few small roasted cauliflower florets for garnishing purposes. After baking, the garlic cloves become smooth and can be squeezed out of the skins.

#### Step 3

In a high-speed blender, add the following ingredients:

- roasted cauliflower florets
- soaked cashew nuts
- roasted garlic cloves
- veggie stock
- plant-based milk
- 1 tsp salt
- fresh tarragon leaves

Start blending at low speed until all ingredients will start mixing together, and gradually increase the speed to high. Blend for 50 sec up to 1 min until the soup becomes smooth and creamy.

*\*Add an extra half cup to one cup of veggie broth if you find the soup too creamy.*

*\*Reheating the soup on the oven is optional.*

#### Suggested serving

Serve the cream soup and garnish with roasted cauliflower florets, chopped fresh tarragon leaves, and toasted cashew nuts (optional).

Enjoy!