

Creamy Curried Cauliflower Soup



Nutritional Info

Servings size: 1 cup

Amount Per Serving

Calories: 140

Total Fat: 7g

Carbs: 16g

Protein: 6g

Ingredients

¼ raw sunflower kernels
3 ½ cups unsweetened almond milk
5 tsp mild curry powder
1 cup chopped yellow onion
3 cloves garlic, chopped
5 cups cauliflower florets

Directions

Preheat oven to 350°F. In a medium bowl, toss sunflower kernels with 1 teaspoon almondmilk and 1 teaspoon curry powder. Spread out on a small parchment paper-lined baking sheet and bake, tossing once or twice, until toasted and fragrant, 6 to 8 minutes; set aside. Meanwhile, heat 1/2 cup almondmilk in a large pot over medium heat. Add onion and garlic and cook, stirring occasionally, until soft, about 10 minutes. Add cauliflower, remaining 4 teaspoons curry powder and almondmilk, cover and simmer until cauliflower is very tender, about 40 minutes. Working in batches, carefully purée in a blender until smooth. Transfer to bowls, garnish with sunflower seeds and serve.