

Golden Austrian Cauliflower Cream Soup

Source: DrFuhrman.com

Ingredients:

1 head cauliflower, cut into florets
3 carrots, coarsely chopped
1 cup organic celery, coarsely chopped
2 leeks, coarsely chopped
2 tablespoons Dr. Fuhrman's VegiZest or other no salt seasoning
2 cups carrot juice
4 cups water
2 cloves garlic, minced
1/2 teaspoon nutmeg
1 cup raw cashews
5 cups kale leaves, chopped or organic baby spinach

Instructions:

Cover and simmer all ingredients, except cashews and kale or spinach, for 15 minutes or until just tender.

If kale is being used steam until tender.

Blend 2/3 of soup vegetables and liquid with cashews until smooth and creamy. Add back to the remaining chunky vegetables and stir in steamed kale or spinach. Spinach will wilt in hot soup.