

# Golden Cauliflower Soup

Serves: 3-4

## INGREDIENTS:

- 1 large head cauliflower, cut into florets
- Avocado or olive oil, non-stick spray
- 1/2 white onion, diced
- 1 bulb garlic
- 2 tsp curry powder
- 4 cups bone broth
- 1/2 cup light canned coconut milk
- 1 tsp turmeric powder



## INSTRUCTIONS:

**Serving size:** 1.5 cups

1. Heat the oven to 425 and take out a baking sheet. Spread out the cauliflower and the onion on the sheet pan and spray with non-stick spray. Season with salt/pepper.
2. Take the entire bulb of garlic and chop off the end so the all the heads of the cloves are exposed. Drizzle olive oil in the inside. Place the bulb cut-side-down into a piece of aluminium. Wrap it up and put onto the tray with veggies. Pop in the oven for 30-35 minutes until cauliflower starts to turn golden brown. Carefully test the garlic by squeezing the outside - should start to be soft and mushy! You may need to leave the cauliflower in for a bit longer.
3. Take veggies out of the oven and put them straight into a big pot. Add in the bone broth, coconut milk and spices. Bring to a slight boil then simmer for 8 minutes.
4. Add in 3-4 cloves of the roasted garlic - they should pop right out of their skins!
5. Carefully pour into a blender or use an immersion blender to make creamy and smooth. You may have to do this in a few steps!