



# Healthy Cauliflower Soup

Serves 4

## INGREDIENTS

2 tablespoons clarified butter or ghee (can be bought at the store)  
2 tablespoons olive oil  
1 medium onion, chopped  
2 cloves of garlic, minced  
1 small head of cauliflower, chopped  
1 small celery root, peeled and cubed  
2 parsnips, peeled and cubed  
4-6 cups of vegetable broth (or 2-4 cups broth + 2 cups water)  
4 tablespoons freshly chopped parsley  
4 tablespoons freshly chopped chives  
fresh horseradish, to taste  
Cashew Cream (optional, recipe to follow)  
Salt & pepper



Melt the clarified butter or ghee in a large pan, add the olive oil and once hot add the onion and garlic with a little salt. Once the mixture starts to brown a little (about 7-10 minutes) add the cauliflower, celery root and parsnips and sauté for 3-5 minutes more.

Add the vegetable broth and lower the heat a little. Let the flavors meld and the vegetables soften – 25 - 30 minutes.

Puree mixture or mash it up with a potato masher for a thicker soup. Season to taste with salt, pepper horseradish and herbs. When serving, top each bowl of soup with a dollop of cashew cream (optional).

## Cashew Cream

### INGREDIENTS

½ cup raw cashews, soaked overnight  
½ - ¾ cup water

Soak Cashews overnight, then drain and rinse them. Place in a high powered blender with enough water to cover a little over the top of the cashews. Puree until smooth. Add more water to create the consistency of heavy cream. You may strain the cream through a mesh strainer to remove any coarse pieces. **This cream is a favorite of mine!**