



## Golden Cauliflower Soup

1 head cauliflower, but into pieces	4 cups water
3 carrots, coarsely chopped	½ teaspoon nutmeg
1 cup celery, chopped	1 cup raw cashews or ½ cup raw cashew butter
2 leeks, coarsely chopped	
2 cloves garlic, minced	5 cups chopped kale leaves or baby spinach
2 cups carrot juice	

Place all the ingredients except the cashews and spinach (if you are using) into a large soup pot. If you are using kale, place it in the pot with other ingredients. Bring to a low boil and then reduce heat to a simmer. Cover and cook for 15-20 minutes or until vegetables are tender.

In a food processor or high-powered blender, blend 2/3 of the soup with the cashews until smooth and creamy. Return to pot and stir. If you are using spinach, add it now and it will wilt in the pot. Cover the pot for 3 minutes and then stir again and serve.

Each bowl of this nutritious soup provides 14 grams of protein and 9 grams of protein!