

Jim's Real Food Kitchen

A Plant Based Whole Foods Lifestyle



Raw Cauliflower Soup

Ingredients

2 cups (200 grams) cauliflower chopped

2 cups water filtered

25 grams Chia Seeds

3 garlic cloves

1/4 tsp Maine Coast Sea Salt

5 grams nutritional yeast

1/2 cup (100 grams) white onions chopped

1 sprig of dill weed

1/4 tsp crushed red pepper

Instructions

1. Place all ingredients into blender
2. Blend until desired consistency is reached.
3. Enjoy!

Source: Jim's Real Food Kitchen