

Truffle Cauliflower Soup

Prep Time: 5 minutes

Cooking Time: 30-40 minutes

Yields: 4 servings

Ingredients:

1 tablespoon	olive oil
1 tablespoon	truffle oil
1 bulb	fennel
2	carrots, medium
1 head	cauliflower, large
1 tablespoon	coconut liquid aminos
4 cups	vegetable or chicken broth, low sodium
1 can	light coconut milk
	parsley, for garnish
	pumpkin seeds, for garnish
	black pepper, for garnish

Directions:

Rough chop all vegetables. Heat olive oil in a large soup pot. Add fennel, carrots and cauliflower. Season with coconut aminos. Cook vegetables for 10 minutes or until soft. Add broth and light coconut milk. Bring to a boil. Once boiling, reduce heat to medium and simmer until all vegetables are tender; about 30 minutes. Reduce heat and transfer 1/3 of the soup to a blender to start, slowly adding the rest once the first batch has blended. See blending directions below.

Safety Note: When blending a hot liquid, only fill the blender 1/3 of the way to start. Blend in small batches if needed. Make sure to vent the lid, so the hot air can escape by covering it with a kitchen towel. Start the blender on a low speed and gradually turn it up.

Add the soup to a blender, 1 tablespoon truffle oil (see safety note above) and blend until smooth. Add salt to taste and blend for 2 minutes or until smooth.

Divide into bowls and garnish with chopped parsley, pumpkin seeds, a little extra truffle oil and some black pepper.