

# Almond Cauliflower Chilled Soup

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 1/2 medium head cauliflower, cut into 1-inch florets
- 1 cup almond milk
- 1/2 cup filtered water
- 1 1/2 cups raw almonds
- 2 garlic cloves, coarsely chopped
- 2 tablespoons lemon juice
- 1/4 chopped sweet onion
- 1 medium seedless cucumber, coarsely chopped
- 1/3 cup extra-virgin olive oil
- 1 tsp sea salt

## Instructions:

1. In a large saucepan of boiling salted water, cook the cauliflower until tender, about 8 minutes. Or steam. Drain, rinse under cold water until cool and drain well.
2. In a blender, combine cooked cauliflower, almond milk, water, raw almonds, chopped garlic, lemon juice, onion, cucumber, 1 1/4 cups (reserve 1/4 cup for toasting) almonds, blend until smooth. Add the olive oil and pulse just until incorporated. If necessary, add more water to thin the soup. Season the soup with salt and refrigerate until chilled, about 1 hour.
3. TOASTED ALMONDS
4. Preheat the oven to 350°. Spread the remaining 1/4 cup of slivered almonds on a cookie sheet or pie plate and toast for about 6 minutes, until fragrant and lightly golden. Pour the soup into bowls. Garnish the soup with the toasted almonds and enJOY!
5. Serves 4 to 6