



health & wellbeing

recipe: creamy cauliflower soup (serves 6)

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This recipe is quick and easy to make and is also low in kilojoules.

Ingredients

- 1 tablespoon canola oil
- 1 ½ teaspoons cumin seeds
- 1 large onion, chopped
- 1 kg cauliflower florets
- 4 cups vegetable stock
- 2 cups water
- 1 ½ cups fat reduced milk or soy milk

Instructions

1. Heat oil in a large saucepan. Add cumin seeds and onion and sauté until soft.
2. Add cauliflower, stock and water. Bring to the boil, then reduce heat, cover and simmer for 15 minutes. Remove from the heat. Place in a blender and puree until smooth.
3. Add the milk and process until combined. Return to saucepan and reheat.

Nutritional Information

	Average Quantity Per Serve
energy	435 kJ
protein	7 g
fat (total)	5 g
carbs (total)	9 g
dietary fibre	3 g