



CREAMY CAULIFLOWER SOUP WITH GREEN APPLE AND SAGE

1 head cauliflower
1 onion
1 small green apple
4 sage leaves
Olive Oil
750ml veggie stock
Salt and Pepper

Rub Cauliflower with a little oil and salt and pepper, scatter sage leaves and bake in a moderate oven for 30 minutes. I sometimes sprinkle with spices such as thyme, tumeric and coriander for some extra spice.

Meanwhile, saute onion until translucent. Pop cauliflower pieces into pot with onion and cover with stock. Cook for 5 minutes until flavours are through and stock is bubbling. Cool and transfer to a blender, season to taste.

Serve with freshly diced green apple, fresh herbs (parsley or coriander is great) and nut and seeds of choice.