

Vegan Raw Cauliflower Energy Soup

Source: Kimberly Snyder Category: Vegan Soups and Stews
Prep Time: 10-15 min Cook time: 2 min Total Time: 12-17 min
Serves 4 to 6



Ingredients:

1 medium head cauliflower, with outer green leaves removed and chopped into pieces
3 Tbsp. organic, unpasteurized miso paste
1/2 ripe avocado
2 cups filtered water
Juice of 1 lemon (about 2 Tbsp.)
2 1/2 Tbsp. of Braggs Liquid Aminos
1/2 tsp. turmeric powder
1 tsp. Pink Himalayan Salt or to taste
Generous pinch of black pepper
Fresh parsley, finely chopped, for garnish

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Recipe Link:

<https://www.betterveganrecipes.com/raw-cauliflower-energy-soup>

Instructions:

1. Prepare the ingredients.
2. Put all ingredients except parsley to the blender and blend until smooth.
3. Chill, garnish with finely chopped parsley and serve.

Notes:

Store in an airtight container in the fridge. The surface may oxidize the next day, turning into brown color. Carefully remove it with a spoon and mix well.

Equipment needed:

Blender

Serving suggestion:

Serve with vegan gluten-free crackers.