

Raw Apple Cauliflower Soup

Source: rawmazing.com

Prep **Total**

5 min 5 min

Serving: 2

This is a raw soup recipe so it will be easy to get on the table ASAP and you get 2 servings of veggies, 1 fruit and 1/3 of your day's fiber! You can warm it gently on those chilly days.

Instead of the onions, sprinkle with chopped nuts and cinnamon. If you choose to cook this soup, consider subing in grated carrots for half the apple. You can also add protein powder (and more water).

Ingredients

½ large **cauliflower**

1 cup **water**

1 tablespoon **olive oil**

1 tablespoon **apple cider vinegar**

2 **apples. peeled**

Himalayan salt and pepper to taste

Directions

Place all ingredients except salt and pepper in high-speed blender. Blend until completely smooth.

Add salt and pepper to taste, top with marinated onions and apple slices if desired.

Optional onions: Mix together nama shoyu, agave and olive oil. Pour over sliced onions in glass container with cover.

Marinate onions for 2-3 hours, redistributing marinade a couple of times during marination.

Dehydrate for 6-8 hours at 115.

Prep Notes

1 day before: *Make onions*

Nutritional Information

Amount Per Serving (2 Servings)

Calories: 208 **Protein:** 5 g **Sugar:** 25 g **Carbohydrate:** 36 g **Fat:** 8 g **Cholesterol:** 0 mg **Sodium:** 361 mg **Fiber:** 9 g

