



CREAMY CAULIFLOWER LEEK SOUP WITH THYME & LEMON ZEST

TIME REQUIRED: 30-40 mins

SERVING: 4-6

INGREDIENTS

- 1 large head cauliflower, cut into florets
- 2 leeks, white and light green parts only, sliced
- 3 cloves garlic
- 4 cups Not-Chicken or vegetable broth
- 1 small potato (optional, for body)
- ½ cup unsweetened plant milk (almond, oat, or cashew)
- 1 tsp fresh thyme leaves (or ½ tsp dried)
- ½ lemon, juiced and zested
- Salt and pepper to taste

STEPS

- In a large pot, add 2 tbsp water or broth. Sauté leeks and garlic until soft.
- Add cauliflower, potato, broth, and thyme. Simmer 20 minutes until tender.
- Blend until smooth with plant milk.
- Stir in lemon juice and zest right before serving.