

Herbed Cauliflower Soup

Ingredients

- 1 head cauliflower, cut into bite size pieces
-
- 6 cups broth or water
 - 4 cloves garlic, minced
 - 3 rounded Tbs butter
 - 2 celery ribs, small diced
 - 2 carrots, small diced
 - 1 medium onion, diced
 - 1 tsp kosher salt
 - ½ Tbs herbs de province
 - ½ tsp white pepper
-

Directions

Sweat the carrots, celery, onion, and garlic in the butter over medium heat for 15 minutes. Lower the heat if the vegetables begin to brown. Add the cauliflower, broth, and seasonings. Bring to a boil then lower heat to a simmer. Continue to cook for another 10 minutes until cauliflower is tender. With a submersion blender, blend the soup until smooth. Taste. Add salt and pepper if needed.

*The carrots will turn the soup a slight peach color.

White Chocolate Cauliflower Fruit Dip

Ingredients

- 2 cups raw cauliflower florets
-
- 12oz white chocolate chips
 - 1 cup heavy cream
-

Directions

In a blender, puree the florets with the heavy cream until completely smooth. Place the cream mixture in a small clean pot over low-medium heat. Pour in the white chocolate chips and stir consistently until dissolved. Allow to cool completely.

Cauliflower Gingerbread

Ingredients

- 3 cups cauliflower (1 head), riced
 - 2 cups flour
 - 2 tsp baking powder
 - 1 cup molasses
 - 1 cup brown sugar
 - 1 egg
 - 1 Tbs cinnamon
 - 1 Tbs vanilla extract
 - 1 Tbs ginger, grated
 - 1 tsp baking soda
 - ½ cup milk
 - ½ tsp ground cloves
 - ½ tsp salt
-

Directions

Preheat your oven to 350F. Grease a 9inch baking pan. Set aside.

Combine the cauliflower, molasses, ginger, vanilla, milk, and egg in a food processor. Blend until smooth. In a medium sized bowl whisk remaining dry ingredients together . Pour the wet ingredients into the bowl with your dry ingredients. Mix until well combined but do not over mix. Pour batter into the prepared pan. Bake for 35-40 minutes or until a toothpick inserted comes out clean. Let cool in the baking pan for 10 minutes before cutting into squares.