

No Yolking™ Cauliflower Soup



This vegetarian, cauliflower soup, protein packed with No Yolking™, not only tastes amazing but helps reduce inflammation while the cauliflower helps to carry out the “bad” estrogens in the body. There are several different types of estrogen...the good is the naturally occurring one that is both filling and satisfying.

If you'd made your own bone broth all the better, however, if time did not permit there are some organic ones out there that can be used. Vegetarians may prefer a veggie broth although the collagen and calcium from the bones is way higher. Check your local health food store or health food section in your local grocer for ready made broths. Organic or grass fed without the use of antibiotics and hormones is essential.

INGREDIENTS

- 1 medium onion
- 1 clove or tsp of garlic in
- 1 tbsp of ghee or avocado oil
- 6 cups Chicken bone broth
- 1 medium head cauliflower
- ¼ cup fresh parsley
- 2 tbsp No Yolking™ egg protein powder

Coconut oil 1 tsp (may sub in Avocado or ghee)
1 can coconut milk
½ cup of Almond, (may sub in Pea or Rice milk)
½ tsp of Himalayan salt
1 tsp of turmeric
1 tsp ground cumin
½ tsp ground black pepper
1 tsp of paprika
2 tbsp Quinoa flour

INSTRUCTIONS

In a large soup pot, put 2 cups of broth with a head of cauliflower and bring to a gentle boil then let cook with lid on it for 15 minutes. Carefully (it's hot!) spoon cauliflower and the broth into food processor. Add the sautéed onions and garlic then sprinkle 2 tbsp. of No Yolking™ egg protein powder and 2 tbsp. quinoa flour on top. Blend into small particles (for a creamier texture blend longer). Put back into the large pot and add the remaining 4 cups of broth. Simmer while adding all spices. Continue to simmer for 15 minutes.