



Creamy Cauliflower and Celeriac Soup

Ingredients

2 tablespoons coconut oil
2 tablespoons olive oil
1 medium onion, chopped
2 cloves of garlic, minced
1 small head of cauliflower, chopped
1 small celery root, peeled and cubed
2 parsnips, peeled and cubed
4 cups of vegetable broth

Optional:
4 tablespoons fresh chopped parsley
4 tablespoons freshly chopped chives
fresh horseradish, to taste
OR
chopped pistachios
salt & pepper

SERVES 4

Directions

Heat coconut oil in a large pan, add the olive oil and once hot add the onion and garlic with a little salt. Once the mixture starts to brown a little (about 7-10 minutes) add the cauliflower, celery root and parsnips and sauté for 3-5 minutes more.

Add the vegetable broth and lower the heat a little. Let the flavors meld and the vegetables soften – 25 - 30 minutes.

Puree mixture or mash it up with a potato masher for a thicker soup. Season to taste with salt, pepper horseradish and herbs OR chopped pistachios.