

When you buy a head of cauliflower it is nice to have a few recipes so you can use it up. Another hint is to boil the leftover cauliflower at the same time you are making the second salad then put it in a container and freeze it so it is ready to make a soup. Here are two awesome salads to make with fresh Cauliflower.

## Cauliflower & Pea Salad

### Ingredients needed:

- 2 cups raw cauliflower
- ½ cup raw quinoa
- ½ cup peas (frozen can be used)
- 2 tbsp finely chopped onion
- ½ finely diced red pepper
- ½ avocado diced
- 1 pear diced
- 2 tbsp poppy seed or sesame seed

**Method:** serves 2

### Step 1: Preparing Raw Quinoa

- take the quinoa and soak in pure water overnight
- then drain the quinoa and rinse
- let it drain while you get the rest of the salad together

**Step 2:** Chop up your cauliflower into bite sized pieces and put into a large bowl

**Step 3:** Add the peas, onion, sweet peppers, poppy seeds, and drained quinoa

**Step 4:** Make the **Salad Dressing** below - put the following in your blender and blend until creamy:

- ½ cup lime juice (from fresh limes 2-3)
- ½ cup extra virgin olive oil
- ¼ cup diced pear
- 1-2 thin slices of ginger root (or 1 tsp powdered ginger)
- ½ tsp cinnamon
- 1 tbsp honey

**Step 5:** toss the salad with some dressing (leftover dressing will keep well in fridge for 3-5 days)

**Step 6:** just before serving add the diced pears and avocado and toss again slightly



## Corn and Cauliflower Salad

### Ingredients needed:

- 2 cobs of corn (put aside 2tbsp for dressing)
- 2 cups cauliflower
- 1 cup chopped Romaine lettuce
- ½ cup sweet white onion
- ½ cup thinly sliced celery
- 2 tbsp black sesame seeds





**Method:** serves 2

**Step 1:** cut the corn off the cobs and put aside

**Step 2:** in a bowl add the following: the cauliflower, the corn nibblets, celery, onion and sesame seeds and toss with the dressing below

**Step 3:** make the Lemon Carrot Salad Dressing – put into your mini blender and cream:

- ½ cup fresh lemon juice (1-2 lemons)
- ¼ cup extra virgin olive oil
- 2 tbsp sunflower seeds
- 1 tbsp CarrotJuiceMax

**Step 4:** put the lettuce in each person's individual salad bowl and drizzle with some dressing

**Step 5:** add 2-3 scoops of the cauliflower corn mixture and serve.

## Cauliflower Soup

**When I make my soups or stews I usually start with some basic steps.**

**Step 1: Basic Recipe for Soups and Stews**

Put the following in your sauce pan and simmer until tender (about 10 minutes):

- ¼ cup onion finely chopped
- 1-2 cloves garlic finely chopped or minced
- ½ cup celery finely diced
- ½ cup water
- Season with sea salt and cayenne pepper (optional)

**Step 2: Add the cooked cauliflower and the following ingredients**

- 1-2 cups cooked cauliflower (if frozen let thaw first)
- ¼ cup frozen corn (thawed)
- 2 tbsp coconut oil (let melt)
- 1-2 tsp dried basil & sea salt to taste
- 2 tbsp flour (sprinkle over everything and stir just slightly)

**Step 3:** Add 1 cup coconut milk and simmer until it thickens slightly

**Step 4:** Serve as a chunky soup or put in your blender and blend to make a creamed soup  
Garnish with some corn

