



Artichoke Soup with Fresh Mint

Prep time: 10 minutes

Cooking time: 30 minutes

Cooling/finishing time: 20 minutes

Servings: 6

- 2 tablespoons olive oil
- 1 small onion, chopped
- 1 medium green apple, peeled, cored, and coarsely chopped
- 1 tablespoon curry powder
- 1 clove garlic, sliced
- 1 large head cauliflower, chopped in 1-inch pieces (6 cups)
- 4 cups vegetable broth or water
- 1 teaspoon honey or agave nectar
- 1 teaspoon rice wine vinegar
- Salt to taste

1. Heat oil in large pot over medium-high heat. Add onion and sauté 5-7 minutes, until soft and golden.
2. Stir in apple, curry, and garlic, and cook two minutes more, or until curry turns deep yellow.
3. Add cauliflower and vegetable broth, and bring to a simmer. Cover, reduce heat to medium-low, and simmer 20 minutes.
4. Cool twenty minutes (this will deepen the flavors), then blend in food processor or blender until smooth.
5. Stir in honey and vinegar, and season with salt if desired.



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www.primehealthstyle.com
sue@primehealthstyle.com
(203) 984-8463



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