



# Cauliflower (Breakfast) Soup



## Ingredients

1/2 c. cream of buckwheat (look in the organic grocery stores like Organnons)  
4 c. chicken (or veggie) broth  
2 c. diced cauliflower  
1/2 c. diced onion  
1 c. milk or cream (could use non-dairy milks as a substitute)  
1/2 c. grated cheddar cheese (or any cheese you like, ok to omit if cheese bothers you)  
1/2 tsp. salt  
1/2 tsp. pepper  
1/4 tsp. nutmeg (or to your own taste, I use about 2 tsp. of nutmeg)  
1/2 tsp. turmeric (optional, but is a nice addition and a good digestive aid for Spring)  
2 tbsp. butter or ghee (clarified butter)  
2 tbsp. chopped parsley (optional, I just never have this on hand, use any other fresh herb that you like :)

## Directions

1. In a large pan, combine cream of buckwheat with broth. Add cauliflower and onion.
2. Bring to a boil, stirring frequently; then simmer about 15 minutes.
3. Stir in remaining ingredients except the parsley or other herbs.
4. Heat but do not boil. Pour into bowls and garnish with the parsley or the fresh herbs of your choice.

Notes: Using milk in recipes during Springtime can aggravate seasonal allergies, cause phlegm and congestion. If you experience any of these symptoms you may want to use a non-dairy milk, like plain Almond milk, in this recipe. I've not tried this for taste, so let me know how it is if you do.

Cream of Buckwheat can be hard to find in regular grocery stores. I found Organic Pocono Cream of Buckwheat at Organnons Natural Market on Rt. 413 in Newtown (Wrightstown Twp). You can purchase online also.