

Creamy cauliflower soup

Fibre – Great for digestion. Vitamin C – Helps in boosting immunity. Vitamin K
This soup improves metabolism. Rich in Vitamin B5 . Vitamin B6 and Potassium.

Ingredients

- 1 medium potato chopped
- about a teacup sized amount cauliflower cut into small pieces
- half onion chopped
- 200ml vegetable stock or chicken stock made from 1/2 stockpot or 1/2 stockcube
- salt and pepper

Instructions

1. Start by chopping the vegetables up into small pieces and place the ingredients into the soup maker
2. Make up 200ml stock. You can either use your own stock or make up the stock using 1/2 a stock cube or stock pot. Fill to the MAX line inside the cup
3. Add the salt and pepper
4. Replace the lid and make sure it is aligned properly. the machine will stop beeping when it is ready
5. When the lid is aligned the Smooth light will flash automatically. Press the start button to start the program
6. The smooth light will stop flashing and remain on and constant - this indicates the program has started to cook your soup
7. The smooth program will start by gently cooking your ingredients. After several minutes the program will start to blend your soup intermittently until the program finishes
8. When the program finishes the machine will beep 3 times.

