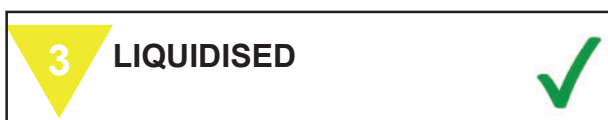


CAULIFLOWER SOUP



This recipe is suitable for the IDDSI levels with a tick ✓

THE IDDSI FRAMEWORK



NUTRITION

108Kcal
Per Serving

CONTAINS



CELERY



MUSTARD



MILK



SULPHITES

MAY CONTAIN



WHEAT

This recipe serves 4

NUTRITION INFORMATION TYPICAL VALUES

Nutrient:	per 100g	per serving (183g)
Energy	248kJ/59kcal	455kJ/108kcal
Fat	1.8g	3.2g
of which saturates	0.6g	1.1g
Carbohydrate	6.9g	13g
of which sugars	4.2g	7.6g
Protein	3.7g	6.7g
Salt	0.94g	1.7g
Vitamin C	27mg (34%)	49mg

*Recommendations on this site are for **food modification only**. If you are level 4 for drinks, this recipe is too thin and not recommended. Speak with your Speech and Language Therapist for further advice.

CAULIFLOWER SOUP

Source of:

- Protein
- Vitamin C
- Folates

Cauliflower soup supports digestion, provides antioxidants, healthy fats, probiotics and vitamins, making it a nourishing, gut-friendly meal.



INGREDIENTS

■ 2 leeks – white part only, chopped ■ 450g cauliflower florets ■ 4 tablespoons full fat natural yogurt	■ Seasoning to taste (salt, pepper, chilli powder, mustard powder) ■ 1 tablespoon olive oil ■ 600ml vegetable stock	■ 2 tablespoons fresh dill, chopped
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METHOD

- 1 Cook the leeks in the olive oil until soft.
- 2 Add vegetable stock and cauliflower.
- 3 Cover and simmer on low heat until cauliflower is tender.
- 4 Blend the mixture until smooth and add the yogurt and spices, mixing to the correct IDDSI level.
- 5 Serve warm.