

**Vegan Paleo Serves 2 - 3**

**Ingredients:**

- 1 head of cauliflower
- 1 onion
- Coconut oil
- Vegetable broth
- Sea Salt
- Pepper
- Parsley
- 1 can full fat coconut milk

**Equipment:**

- Stock Pot
- Sauce Pan
- Knife
- Cutting Board
- Emersion Blender

**Instructions:**

1. Trim core and cut the cauliflower
2. Wash cauliflower
3. Peel and Chop onion
4. Saute onion until translucent.
5. Add veggies and onion to the stock pot
6. Add 2 -3 cup of vegetable stock. Swap for bone broth if you want.
7. Simmer until cooked through with the cover off to thicken.
8. Add sea salt and pepper to taste.
9. Add a ¼ cup of coconut milk with the fat.
10. Blend until smooth
11. Sprinkle with parsley to serve
12. Enjoy