

# Best Weight Loss Creamy Cauliflower and Broccoli Soup

Yield :

Per Serving: (1 $\frac{1}{4}$  cups)

Smartpoints : 5

## Ingredients :

1 head cauliflower  
1 head broccoli  
1 teaspoon extra virgin olive oil  
1 tablespoon minced garlic  
1 shallot, thinly sliced  
2 $\frac{1}{2}$  cups unsweetened almond milk  
 $\frac{1}{4}$  cup shredded Parmesan cheese  
 $\frac{1}{4}$  teaspoon salt  
black pepper, to taste

## Preparation :

1 Core and chop the cauliflower and broccoli.  
2 Bring a large pot of water to a boil and cook the cauliflower and broccoli for 8-10 minutes, or until fork-tender. Drain and set aside.  
3 While the cauliflower and broccoli are cooking, heat a small skillet over medium-low heat. Add the oil, garlic and shallot and cook for 4-6 minutes, or until the shallots are soft.  
4 Using either a high-powered blender, or an immersion blender in a large stockpot, blend together the cooked cauliflower, broccoli, shallot mixture, milk and cheese.  
5 Blend on high until smooth, and season with salt and black pepper.

Value : 5