**Creamy Cauliflower Soup**

Serves 6 as a starter or 4 as a main

2 tablespoons of olive oil

2 teaspoons of chopped garlic (about 2 cloves) plus more to taste

2 cups chopped leeks (white parts only, from 2 or 3 leeks)

Natural salt

1 head cauliflower, chopped

7 cups vegetable broth

¼ cup raw unsalted cashews or ¼ blanched slivered raw almonds, soaked

3 tablespoons chopped chives or a grating of nutmeg to garnish (optional – choose one but not both)

In a large saucepan, heat the oil over medium heat and sauté the garlic, leeks and ¼ teaspoon of salt for about 3 minutes until the vegetable are soft. Add the cauliflower and sauté for another minute. Add the vegetable broth, increase the heat to high, and bring just to a boil. Reduce the heat to medium and simmer for about 30 minutes, until the cauliflower is completely tender. Stir the mix periodically and mash the cauliflower with a wooden spoon.

Remove the saucepan from the heat and allow the soup to cool slightly, stir in the nuts. Pour the soup into your blender in batches and puree on high for 1 to 2 minutes, until smooth and creamy. (Remember to remove the plastic cap in the blender top and cover the opening with a kitchen towel so steam can escape while you blend.) Return the soup to the saucepan and warm it over low heat. Stir in salt to taste.

To serve, ladle the soup into bowls and garnish with either chopped chives or grated nutmeg.