



Snow Soup & Spinach Salad

(serving size noted is for one person – multiply as needed)

SNOW SOUP

Ingredients:

- ¼ of a large, or ½ of a small head of cauliflower – washed and chopped
- 1 small white onion (preferably fresh) – chopped
- 2 Tablespoons butter, from grass-fed cows
- Dash of white pepper, nutmeg and salt
- 1 cup of chicken or veggie broth.
- Juice from ½ lemon

Method:

1. Combine the broth and cauliflower in a sauce pan and cook till cauliflower is soft.
2. In a separate skillet, saute the onion, garlic and butter together till the onion is soft.
3. Stir in the white pepper, nutmeg and salt.
4. Combine everything in a blender – buzz till smooth, adding more broth as needed for consistency.
5. Pour into a large serving bowl and garnish with additional dash of nutmeg.

SPINACH SALAD

Ingredients:

- 2-3 cups fresh raw spinach
- 2-3 fresh raw mushrooms, washed dried and sliced
- 4 oz of pre-cooked Ham – cut into small cubes
- ¼ cup walnuts (preferably soaked and dehydrated in advance) – chopped
- 2-3 Tablespoons Olive oil
- Juice from ½ lemon

Method:

1. Place spinach in a large bowl and drizzle with olive oil - toss several times to coat thoroughly.
2. Sprinkle lemon juice over spinach a toss again.
3. Dust spinach with sea salt, tossing again and dusting again with sea salt.
4. Place spinach in salad serving bowl, and top with mushrooms, ham and walnuts – arranged artfully.

Enjoy!