

Julie Daniluk  
TV HOST AND NUTRITIONIST



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### Cauliflower Whip

By [Julie Daniluk RHN](#)



#### Ingredients:

2 cups filtered water  
1 small head of cauliflower  
1/4 cup extra virgin olive oil  
1 tsp grey sea salt or pink rock salt (reduce if needed)  
1 tsp lemon juice  
2 cloves garlic, minced

#### Curry option:

1/2 tsp ground cumin  
1/2 tsp ground coriander  
1/4 tsp turmeric  
1/4 tsp cumin seeds

#### Directions:

1. Cut the cauliflower into florets. Place them in a large pot with the water over high heat and cover.
2. Steam for 6-8 minutes or until soft when pierced with a knife. Uncover, and remove from heat.
3. Transfer the cooked cauliflower, spices, garlic, salt, lemon juice and olive oil to a food processor or blender and purée until very smooth. Transfer to a medium bowl using a rubber spatula. Can be served hot or cold. Makes 2 cups

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