



INGREDIENTS

- ☐ 2 lbs cauliflower (whole)
- ☐ 5 cloves garlic
- ☐ 3 whole shallots
- ☐ ¼ cup sliced almonds (toasted)
- ☐ 2 cups water
- ☐ 2 tbsp sea salt
- ☐ ¼ cup olive oil



Franklin Becker
CELEBRITY CHEF

A type 2 diabetes diet doesn't have to be bland. You can still enjoy tasty, delicious food.

CAULIFLOWER ALMOND SOUP

METHOD:

1. Slice all vegetables (cauliflower, garlic, and shallots) thin.
2. In a medium-size pot, add all vegetables and cook until tender. Using a blender, in small batches begin to puree the soup base with the toasted almonds.
3. Use water and olive oil to adjust consistency.
4. Strain and serve.

Yield: 4 servings. **Per Serving:** 70 calories, 5g fat, 2g protein, 5g carbs.

Want more recipes? Download more delicious and nutritious type 2 diabetes–friendly recipes at MyType2Transformation.com.

Estimated nutrition information is provided as a courtesy. Data gathered via Nutritics and/or other online calculators. We strive to make this information as accurate as possible; however, Novo Nordisk makes no warranties regarding its accuracy.

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