

Carrot & Cauliflower (Makes 4 portions)

Ingredients

50g/2oz carrots

175g/6oz cauliflower florets

Method

1. Cook the carrots, peeled and sliced, in boiling water for 10 minutes until nearly soft.
2. After the 10 minutes, add the cauliflower florets and cook until tender.
3. Drain the vegetables and purée in a blender adding as much of the cooking liquid or low protein milk required to make the desired consistency.