**Carrot** **Cauliflower Soup**

*Ingredients:*

* 1 head cauliflower
* 3 large carrots
* Extra virgin olive oil
* 1 cup vegetable stock
* 1 1/2 cup almond milk (or any other milk of your choice)
* 1/2 teaspoon cinnamon
* 1/2 teaspoon oregano
* 1. Preheat oven to 375 degrees. Place cauliflower and and carrots on a foil cookie sheet with a drizzle of extra virgin olive oil and cracked pepper for 20 minutes or until slightly browned).
* 2. Transfer vegetables to a large pot and add the vegetable stock and milk. Add the cinnamon and oregano. Bring to a boil and simmer until the vegetables are soft.
* 3. Remove from heat and blend. Add more milk if consistency is too thick.
* Enjoy!