

PUMPKIN CAULIFLOWER CURRY

INGREDIENTS

4 cups cauliflower
1 tablespoon olive oil
1 tablespoon curry powder
1 cup vegetable broth or chicken broth
1 cup canned pumpkin puree
½ cup Greek yogurt

PREPARATION

1. Chop cauliflower into small pieces.
2. Add oil to a pan and allow to heat before adding curry powder. Stir for 1 minute or until fragrant.
3. Add cauliflower and stir for 2 minutes, until coated with spices. Then add broth and pumpkin puree and bring to a boil. Reduce to a simmer for 10 - 15 minutes, stirring occasionally.
4. Add yogurt and simmer for 2 more minutes.
5. Place mixture into a blender or food processor and blend until smooth.

Recipe adapted from: [Beyond-the-Blender-dysphagia-cookbook.pdf \(griffith.edu.au\)](https://www.griffith.edu.au/~beyondtheblender/dysphagia-cookbook.pdf)

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