



Cauliflower Alfredo Sauce

4 servings

25 minutes

Ingredients

1/2 head Cauliflower (large, chopped into florets)
1/2 tsp Avocado Oil
1 Yellow Onion (small, chopped)
2 Garlic (cloves, minced)
1/4 cup Nutritional Yeast
1/2 cup Organic Coconut Milk (full-fat, from the can)
2 tbsps Lemon Juice
3/4 tsp Sea Salt

Directions

- 1 Bring a large pot of water to a boil under a steamer basket. Place the cauliflower florets in the steamer basket and cook for 10 to 12 minutes, or until soft.
- 2 In a skillet over medium heat, add the avocado oil and the onion. Cook for 5 to 7 minutes, until cooked through, then lower the heat to low and add the garlic. Cook for 1 to 2 minutes more. Set aside.
- 3 In a blender, add the steamed cauliflower, onion, garlic, nutritional yeast, coconut milk, lemon juice and sea salt. Blend on high until smooth and creamy. Serve over top of your favourite pasta, veggie noodles or roasted veggies. Enjoy!

Notes

Leftovers, Refrigerate in an airtight container for up to three days.

Serving Size, One serving equals approximately 1/2 cup of sauce.

No Coconut Milk, Use another type of milk instead such as almond or oat.

More Flavor, Add a pinch of black pepper to the sauce.

Serve it With, You can enjoy this sauce with your favorite pasta, veggie noodles, as a base on homemade pizza, on top of tacos, or smothered on roasted veggies.