

# CAULIFLOWER "ALFREDO" SAUCE

adapted from ohsheglows.com

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Yield: about 3 cups of sauce

Prep Time: about 15 minutes

Cook Time: about 10 minutes

Storage: refrigerate up to 3 days

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## Ingredients

- 1 medium cauliflower, cut into florets (about 4 heaping cups)
- 1 tablespoon oil of your choice
- 2-3 cloves garlic, minced
- 1/2 cup unsweetened and unflavored milk of your choice
- 1/4 cup nutritional yeast
- 1 tablespoon fresh lemon juice, plus more for serving if desired
- 1 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 3/4 teaspoon sea salt
- 1/4 - 1/2 teaspoon ground black pepper

## Directions

1. Cook the cauliflower in a pot of boiling water until fork tender, about 5-6 minutes. You can also steam the cauliflower instead if desired.
2. In a small skillet placed over medium-low heat, add the oil and garlic. Sauté for a few minutes until very lightly browned and fragrant.
3. Into a high-speed blender, add the cooked cauliflower, sautéed garlic and oil, milk, nutritional yeast, lemon juice, onion powder, garlic powder, salt, and pepper. Blend until a very smooth sauce forms. Add a splash of extra milk if you like a thinner sauce. Taste and adjust for seasonings.
4. Serve sauce with 1 package of pasta: once the pasta is drained, place it into a large pan along with the cauliflower sauce and toss until noodles are evenly coated. Garnish with some fresh basil and a squeeze of lemon juice for extra yumminess. You can also add some chopped veggies such as asparagus or peas to boost the nutrition content even more.