CAULIFLOWER “ALFREDO” SAUCE
adapted from ohsheglows.com

Yield: about 3 cups of sauce  
Prep Time: about 15 minutes  
Cook Time: about 10 minutes  
Storage: refrigerate up to 3 days

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 an also add some chopped veggies such as asparagus or peas to boost the nutrition content even more.