

Cauliflower Alfredo Sauce is a creamy dairy-free, gluten-free healthier version as compared with the original recipe.

Ingredients

- 3 cups (packed) boiled cauliflower
- ½ cup plant based milk
- ½ cup chicken or veggie stock
- ½ cup cashews (soaked and drained)
- 2 Tbsp nutritional yeast
- 4 cloves minced garlic
- ½ white onion
- Juice of 1 lemon
- 1 tsp grass fed or vegan butter
- 1 tsp salt
- ¼ tsp black pepper

Directions

1. Bring a large pot of water to a boil. Add the cauliflower and cook for about 8-15 minutes or until cauliflower is fork tender. Reserve 1 cup of boiling water.
2. In a large skillet, heat butter over medium heat. Sauté minced garlic and diced onions until soft and fragrant. Season with salt and pepper.
3. Drain the cauliflower and transfer to a blender. Add the sautéed garlic and onions, milk, stock, cashews, nutritional yeast, and lemon juice. Blend until the sauce is smooth and creamy, about 1 minute. If the sauce looks too thick or dry, slowly add the reserved boiling water. Season with more salt and pepper for desired taste.
4. Serve with cooked pasta and enjoy!

Notes

- Store any leftovers in an airtight container. Will last 4-5 days in the fridge.
- Freezer friendly! Since there is no dairy in the mixture, you can freeze the alfredo sauce once it's cooled down.
- Use the sauce with pasta, chicken, vegetables, or even as a pizza sauce!