



Cauliflower Alfredo Sauce

Being dairy free this is an awesome way for me to get my "cream" sauce fixing in. Using the cauliflower instead of creams and milks cuts down the calories but not the flavour. Makes 2 servings.

Ingredients:

- 1 1/2 cups raw cauliflower
- 1/4 teaspoon garlic powder, or 2 teaspoons minced
- 1/4 to 1/2 teaspoon salt
- 2 tablespoons butter (or sub 2 tablespoon olive oil)
- 1 cup milk of choice (I use unsweetened almond)
- optional: 1/2 cup of either of the following: nutritional yeast or mozzarella-style shreds
- optional: Add a little Dijon mustard or lemon juice if desired. Or sometimes I add dried oregano or rosemary.

Instructions:

- Put all ingredients into a medium pot and bring to a complete boil, then cover and simmer 15 minutes or until the cauliflower is fall-apart tender.
- Pulverize with either an immersion or regular blender.
- Serve over pasta of your choice or spaghetti squash, rice, steamed veggies, or whatever!
- **TIP:** The sauce gets much thicker as it sits.

Enjoy!