

Cauliflower Alfredo Sauce

8 ingredients · 25 minutes · 4 servings



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.

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