

VEGAN CAULIFLOWER ALFREDO SAUCE

Ingredients

1 tbsp. olive oil
1 medium onion diced
2 garlic cloves
4 cups chopped cauliflower florets
1 cup vegetable broth
1 tsp. freshly squeezed lemon juice
1/2 tsp. sea salt

1 tbsp. nutritional yeast
Pepper to taste (I used 1 tsp.)
2 tbsp. Vegan butter
1 tsp. chili flakes (optional)

Directions

- Heat a pot over medium-high heat and add the oil. Once the oil has heated up, add the onion. Cook for 3 - 5 minutes until it is soft and translucent and then add the garlic. Allow to cook for 30 seconds.
- Add the cauliflower florets and vegetable stock to the pot and cover with a tight-fitting lid. Steam the cauliflower for 5 minutes until soft.
- Transfer the soft cauliflower to your blender and blend on high until smooth and creamy. You can add one tablespoon of broth at a time if the cauliflower doesn't blend easily.
- Add in the lemon juice, salt, nutritional yeast, pepper, butter, and chili flakes (if using) to your blender and blend until smooth and all the ingredients are fully mixed together.
- Serve immediately over your desired low-carb pasta alternative. I used zucchini noodles which work wonderfully with this rich sauce!

Source: diabetesstrong.com

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