



Cauliflower Alfredo:

Dairy-Free & Delicious!

- from Denise's Kitchen

Ingredients:

- 1 medium organic cauliflower
- 1/2 cup of Silk unsweetened vanilla almond milk
- 1/4 cup of nutritional yeast
- 1/2 tsp of organic onion powder
- 1 tsp of sea salt
- 1/2 tsp of black pepper
- 1 tbsp of minced organic garlic
- 2 tbsp of freshly squeezed organic lemon juice
- 2 heaping tbsp of dried organic basil
- 2 tbsp of healthy buttery spread (i.e. Earth Balance)
- 16 oz of organic spinach fettucine
- 16 oz of frozen organic broccoli florets

Directions:

Break the cauliflower into florets & place inside a steamer basket. Steam for 12-15 minutes until quite tender. In a high-speed blender, combine the cooked cauliflower with the almond milk, nutritional yeast, onion powder, garlic, lemon juice, sea salt & black pepper. Blend until smooth, stopping to stir & loosen up the cauliflower chunks, if necessary. Then add the basil & margarine and blend some more until creamy. Transfer your sauce to a small pan & keep warm on low setting. Cook the fettucine & steam some frozen organic broccoli to complete your meal. Season pasta & broccoli with healthy buttery spread & sea salt. Spoon your "alfredo" sauce over each portion of fettucine and add some broccoli alongside. Love it!