

# CAULIFLOWER ALFREDO SAUCE (V, GF, NUT FREE OPTION)

Servings - 4-6

## Ingredients:

- 1 TBS olive oil
- 2 garlic cloves, minced
- 1 1/4 C non-dairy milk of your choice
- 1 head cauliflower, leaves and stem removed and cut into florets
- salt and pepper
- 2 TBS nutritional yeast
- 1 cooked spaghetti squash
- 1 C baby spinach
- 1/2 C sundried tomatoes
- 1/2 C non-dairy shredded mozzarella cheese

## Directions

1. In a saucepan, heat olive oil over medium and add garlic. As soon as the garlic starts to sizzle, add in milk and cauliflower. Turn the heat down to a simmer and cover to steam for 7-8 minutes. Transfer to a food processor and add nutritional yeast and 1 tsp salt and 1/2 tsp pepper. Blend until smooth and creamy. If the sauce is too thick, you can add more milk. Add more salt and pepper to taste. Set aside.
2. Preheat the oven to 425. Cut the squash in half and remove the seeds. Use a fork to pull the squash apart and transfer to a large bowl. Stir in tomatoes and spinach, then add in the sauce. Pour it all into a deep baking dish and sprinkle cheese over the top.
3. Bake for 20-25 minutes, or until the dish is bubbling. This can be stored in the freezer or kept in the fridge 2-3 days.

