

DR. CHRISTOPHER'S  
*Herbal Legacy Newsletter*

## Cauliflower "Alfredo"

4 heaping cups cauliflower florets (1 small/medium cauliflower)

1/2 tablespoon extra-virgin olive oil

1 tablespoon minced garlic (from 2 med/lg. cloves)

1/2 cup unsweetened and unflavored almond milk (or non-dairy milk of choice)

1/4 cup nutritional yeast

1 tablespoon fresh lemon juice

1/2 teaspoon onion powder

1/4-1/2 teaspoon garlic powder

3/4 teaspoon fine grain sea salt, or to taste

1/4-1/2 teaspoon pepper, to taste

4 small zucchini, spiral cut for raw zucchini "noodles"

Fresh parsley, for garnish



Steam cauliflower florets until tender, about 10 minutes. While cauliflower is steaming, add the oil into a skillet and sauté the minced garlic over low heat for 4-5 minutes until softened and fragrant, but not browned. In a high speed blender, add the cooked cauliflower, sautéed garlic, milk, nutritional yeast, lemon juice, onion powder, garlic powder, salt, and pepper. Blend until a super smooth sauce forms. To get a really smooth sauce let it run for a minute or so. Set aside. Use a spiral vegetable slicer to make zucchini "noodles" or cut them into fine strips. Pour the sauce over the zucchini and serve with fresh minced parsley and black pepper.

*Recipe adapted from Cauli-power Fettuccine "Alfredo" @ ohsheglows.com.*