



Easy Vegan Cauliflower Alfredo Sauce

Jacob · 30/09/2024



Prep Time

22 mins

Difficult

Medium

Servings

4

Description

Make this quick and easy cauliflowerbased vegan Alfredo sauce so rich and creamy completely dairyfree and ketofriendly as well

Ingredients

- - 1 teaspoon olive oil - ½ white onion
- chopped - 3 cloves garlic
- crushed - 3 cups chopped cauliflower - 1 cup vegetable broth - 1 tablespoon nutritional yeast - 2 teaspoons Himalayan salt - 1 ½ teaspoons lemon juice - ½ teaspoon soy sauce

Instructions

1. Heat olive oil in a saucepan over medium heat. Add onion and cook until soft
2. about 3 minutes. Add garlic and cook for 1 minute more. Add cauliflower and vegetable broth; cover with lid and simmer over medium heat until tender
3. about 5 minutes. Place cauliflower mixture in a blender. Add nutritional yeast
4. salt
5. lemon juice
6. and soy sauce; blend until smooth and creamy
7. about 3 minutes.