

# Dairy FREE Alfredo sauce

**This is shared with us by Robin I can't wait to try this, and what a wonderful way to get some vegetables in.**

“The sky is the limit with the variations possible with this sauce. You would never believe it is made with cauliflower, it's so creamy. Depending on taste preference, go ahead and add any spices you like. The base recipe does taste just like an Alfredo sauce. I use a lot of freshly ground pepper. It's a great substitute for a cheese sauce over vegetables, meat, or pasta. Stir into rice and you have a quick healthy risotto style dish. Delicious!” - Robin

## Ingredients

- 1 head of cauliflower, chopped (should equal about 6 cups in total)
- 6-7 cups of water or stock (stock is best for full flavor)
- 10 cloves of garlic, chopped and sautéed in a touch of olive oil just until tender, but not brown
- sea salt, pepper and spices to taste

## Preparation

1. Boil cauliflower in water/stock until soft. Do not strain.
2. Using a slotted spoon, transfer the cooked cauliflower to a blender/food processor.
3. Add one cup of cooking liquid, sautéed garlic, seasonings, and process until smooth.
4. Depending on the size of the processor, you may need to process in batches.
5. Add more cooking liquid if you prefer a thinner consistency.

Mmmmmm, while organizing this I'm looking forward to trying it with pasta, chicken broccoli or spinach and mushrooms.

Enjoy!