

## Cauliflower Alfredo Mac N Cheese

### Ingredients:

1 1/2 cups raw cauliflower

1/4 tsp garlic powder

1/2 tsp sea salt

2 tbsp butter or olive

1 cup almond or rice milk

optional: 1/2 cup of either of the following: nutritional yeast or goats mozzarella shredded

optional: Add a little Dijon mustard or lemon juice if desired. Or sometimes I add dried oregano or rosemary.

### Directions:

Put all ingredients into a medium pot and bring to a complete boil, then cover and simmer 15 minutes or until the cauliflower is fall-apart tender.



Pulverize with either an immersion or regular blender. Serve over cooked linguine, or elbow pasta (for cauliflower mac and cheese), or spaghetti squash, rice, steamed veggies, or whatever! Makes about 2 cups, and it gets much thicker as it sits.