

Cauliflower Alfredo Sauce

Ingredients:

1 head Cauliflower, cored & chopped	
1/2 Onion, chopped	
2 Garlic Cloves	1 t Onion Powder
1 T Olive Oil	1/2 t Salt
1 T Butter	Dash Pepper
1 cup Almond Milk	Dash Nutmeg
1/4 cup Parmesan Cheese	



Directions: Heat butter and olive oil in pan over medium heat. Add onion and garlic, sautéing until browned. Add cauliflower, almond milk, onion, powder, salt and pepper and bring to a boil. Turn heat down to simmer and cook until cauliflower is soft enough to blend. Puree in blender (or with immersion blender) along with parmesan cheese and nutmeg until smooth. Serve over whole grain pasta or zucchini noodles.

Notes: Consistency may be affected by a variety of factors including the size of cauliflower head. Use less almond milk for thicker and more for thinner consistency. Adjust spices based on preferences.



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**Nutrition Information per serving
(Recipe about 1/4 cup):**

Calories: 40

Fat: 2 grams

Protein: 2.8 grams

Carbohydrates: 4 grams

Fiber: 2 gram

Sodium: 180 mg

**Compare Prego
1/4 cup**

Calories: 80

Fat: 7

Protein: 1 g

Carbohydrate: 3 g

Fiber: 0 g

Sodium: 390 mg

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