

Lemon Alfredo Sauce



1/4 cup raw unsalted cashews, soaked in warm water

3/4 cup of raw cauliflower, chopped

3/4 cup water

1/2 cup unsweetened plant milk

3 Tbsp nutritional yeast

3 Tbsp fresh lemon juice

1/2 tsp garlic powder (not garlic salt)

1/2 tsp salt

Ground black pepper to taste

Start by soaking the cashews in hot water. Keep soaking while prepping the rest of the sauce.

Place cauliflower and water in small saucepan. Bring to a boil over high heat, then lower to medium low and simmer, uncovered for about 15 minutes, or until the cauliflower is soft and water is reduced by about half.

While the cauliflower is cooking, measure out the rest of the ingredients and place in your blender.

Once the cauliflower is done, remove from heat. Be sure to keep the cooking water with the cauli. Add to the blender.

Drain and rinse the cashews, place in the blender with the rest of the ingredients. Blend until creamy and smooth.

If using as a pasta sauce, toss with pasta or spiralized veggies, top with grated lemon zest, nut based Parmesan, fresh basil or toasted bread crumbs.

Keep in the refrigerator for about a week.

Makes about 1 ½ cups.