**Vegan Alfredo Recipe: A Cauliflower-Based Pasta Sauce**

### Ingredients:

* 1 small head of cauliflower, chopped (about 3 heaping cups)
* 2 tablespoons avocado oil
* 2 cloves garlic, smashed and minced
* 2 teaspoons pine nuts
* 2 ¼ cup almond milk
* 2 teaspoons of each: salt, pepper, oregano and basil
* Juice of half a lemon
* ¼ cup + 1 tablespoon nutritional yeast

### Directions:

1. In a medium-sized pot, cook the avocado oil, garlic and pine nuts over medium heat for 3–4 minutes, or until garlic is golden brown.
2. Add in the almond milk and bring to a boil.
3. Reduce heat to medium and add the cauliflower and spices and cook until cauliflower is soft (about 8 minutes).
4. Transfer to a high-powered blender and add in the lemon juice and nutritional yeast and blend on high until smooth.
5. Pour over your favorite gluten-free pasta or zoodles and top with fresh basil.