

Ingredients

8 cups cauliflower florets (2 medium cauliflower)	2 Tbsp fresh lemon juice
1 Tbsp extra virgin olive oil	1 Tbsp onion powder
2 Tbsp minced garlic (from 2 med/lg cloves)	1 tsp garlic powder
1 cup unsweetened and unflavored soy milk (or non-dairy milk of choice)	1 tsp fine grain sea salt
1/2 cup nutritional yeast	1/2 tsp pepper, to taste
	12 medium zucchini spiralized or noodle of choice.
	Fresh parsley, for garnish

Instructions

1. Add cauliflower florets in a large pot and cover with water. Bring to a low boil. Once boiling, cook for another 3-7 minutes until fork tender. Drain.
2. Meanwhile, add oil to skillet and saute minced garlic over low heat for 4-5 minutes until softened and fragrant, but not browned.
3. In a high speed blender, add the cooked and drained cauliflower, sauteed garlic, milk, nutritional yeast, lemon juice, onion powder, garlic powder, salt, and pepper. Blend until a super smooth sauce forms. The key here is to get a really smooth sauce so don't be afraid to let it run for a minute or so. Set aside.
4. Saute spiralized zucchini for 3-5 minutes, until tender.
5. Add sauce to zucchini and heat through. Garnish with fresh parsley.

Nutrition Information Per Serving

Serving Size: 1 cup zoodles with 1/2 cup sauce	Fiber: 4 gm
Calories: 80	Carbohydrates: 10 gm
Fat: 2.5 gm	Protein: 6 gm
Sodium: 200 mg	