

## Ingredients

4 cups cauliflower florets (1 medium cauliflower)	1 Tbsp fresh lemon juice
1 1/2 tsp extra virgin olive oil	1 1/2 tsp onion powder
1 Tbsp minced garlic (1-2 cloves)	1/2 tsp garlic powder
1/2 cup unsweetened and unflavored soy milk (or non-dairy milk of choice)	1/2 tsp fine grain sea salt
1/4 cup nutritional yeast	1/4 tsp pepper, to taste
	6 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

Serves 6

Calories: 80

Fat: 2.5 gm

Sodium: 200mg

Fiber: 4 gm

Carbohydrates: 10 mg

Protein: 6 mg