

# Cauliflower Alfredo Sauce

4 SERVINGS 25 MINUTES



## INGREDIENTS

- 1/2 head Cauliflower (large, chopped into florets)
- 1/2 tsp Avocado Oil
- 1 Yellow Onion (small, chopped)
- 2 Garlic (cloves, minced)
- 1/4 cup Nutritional Yeast
- 1/2 cup Canned Coconut Milk (full fat)
- 2 tbsps Lemon Juice
- 3/4 tsp Sea Salt

## DIRECTIONS

- 01 Bring a large pot of water to a boil under a steamer basket. Place the cauliflower florets in the steamer basket and cook for 10 to 12 minutes, or until soft.
- 02 In a skillet over medium heat, add the avocado oil and the onion. Cook for 5 to 7 minutes, until cooked through, then lower the heat to low and add the garlic. Cook for 1 to 2 minutes more. Set aside.
- 03 In a blender, add the steamed cauliflower, onion, garlic, nutritional yeast, coconut milk, lemon juice and sea salt. Blend on high until smooth and creamy. Serve over top of your favourite pasta, veggie noodles or roasted veggies. Enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to three days.

### SERVING SIZE

One serving equals approximately 1/2 cup of sauce.

### NO COCONUT MILK

Use another type of milk instead such as almond or oat.

### MORE FLAVOR

Add a pinch of black pepper to the sauce.

### SERVE IT WITH

You can enjoy this sauce with your favorite pasta, veggie noodles, as a base on homemade pizza, on top of tacos, or smothered on roasted veggies.

# Ginger Lime Dressing

2 SERVINGS 5 MINUTES



## INGREDIENTS

2 tbsps Coconut Aminos  
1 tbsp Lime Juice  
1/2 tsp Ginger (fresh, grated or minced)

## DIRECTIONS

01 Combine all ingredients in a small bowl. Refrigerate until ready to use. Enjoy!

## NOTES

# Greek Seasoning Blend

6 SERVINGS 5 MINUTES



## INGREDIENTS

1 tbsp Oregano (dried)  
2 tsps Dried Basil  
1 1/2 tsps Dried Dill  
1 1/2 tsps Dried Parsley  
1 tsp Garlic Powder  
1 tsp Sea Salt  
1/2 tsp Black Pepper  
1/4 tsp Nutmeg

## DIRECTIONS

01 Combine all of the ingredients in a jar or bowl and mix well. Store in an airtight jar. Use it to season dressings, rice, meat, and/or vegetables.

## NOTES

### SERVING SIZE

One serving is approximately two teaspoons.

# Dill & Hemp Seed Dressing

4 SERVINGS 10 MINUTES



## INGREDIENTS

1/2 cup Hemp Seeds  
1/4 cup Hemp Oil  
1/4 cup Fresh Dill  
3 tbsps Apple Cider Vinegar

## DIRECTIONS

- 01 Add all of the ingredients into a blender or food processor and blend until smooth.
- 02 Serve on a salad or with vegetables and enjoy!

## NOTES

### LEFTOVERS

Refrigerate in an airtight container for up to five days.

### SERVING SIZE

One serving is equal to approximately two tablespoons of dressing.

### NO HEMP OIL

Use avocado oil or olive oil instead.

### MORE FLAVOR

Add salt and pepper to taste.