

Nut-free Cheez Sauce

Ingredients:

* 1 lrg   Head Cauliflower
* 2 c     Water (plus more to cook cauliflower)
* 1 c      Nutritional Yeast Flakes
* ¼ c     Hummus
* 1½ t   Lemon Juice
* ½ t     Garlic Powder
* 1 t       Sea Salt
* ¼ t    Turmeric
* Dash of Paprika (optional)

Directions:

1. Chop cauliflower into smaller pieces; steam until cooked thoroughly; drain

2. In a large pot or bowl, add in nutritional yeast, salt to taste, hummus, lemon juice, garlic powder, turmeric, and paprika, then mash cauliflower with large wooden spoon or potato masher while mixing in the other ingredients.

3. Add mixed mash to high-speed blender, such as a Vita-Mix, or a food processor with 2 cups of water. (Blender recommended) Blend until smooth

4. Pour mixture into large saucepan; heat on low for 20-30 minutes, stirring often. Salt to taste; add more water for thinner sauce, but taste as you go along so it doesn’t become too weak in flavor. Keeps for 1 week.