

CAULIFLOWER "CHEDDAR"

NACHO AVERAGE PLANT-BASED CHEESE

INGREDIENTS

2 cups	Cauliflower, chopped
3 cloves	Garlic, peeled
1/2 tsp	Paprika
1/4 tsp	Dry mustard
1/4 tsp	Turmeric
1/4 cup	Nutritional yeast
1/2 tsp	Kosher salt
1 tbsp	Lemon juice
1 tsp	Reduced sodium soy sauce
1/2 cup	Hot water, as needed
1 1/2 tbsp	Cornstarch

METHOD

Boil the cauliflower and garlic together in water until they are tender. While hot, add softened vegetables to a blender.

Add seasonings, lemon juice, soy sauce, hot water and cornstarch, blend again until the sauce is smooth.

Store with plastic wrap pressed against the surface of the cheese. Heat gently before each use.

GET THE
RECIPE HERE:



NUTRITIONAL INFORMATION

MAKES 1 1/4 CUPS

NUTRITION FACTS (3 TBSP): CALORIES 20 | FAT 0G | PROTEIN 1G | FIBER 1G

FUN FACTS:

Cauliflower is a cruciferous vegetable and a member of the cabbage family. When selecting cauliflower at the store, choose heads that are unblemished and have fresh green leaves.

Paprika is a natural food colorant, imparting a red color to food. Studies suggest that paprika has anti-tumor-promoting activities. In Korea, paprika is the main ingredient used to produce and give color to Kimchi which is a mixture of fermented vegetables.

Turmeric is a member of the ginger family. It provides an earthy flavor and warm yellow color to foods. Turmeric has anti-inflammatory properties and is studied in clinical trials for its potential to treat inflammatory diseases.