



EAT YOUR BEST.  
LESS SALT.  
MORE PLANTS.



# CAULIFLOWER "CHEDDAR"

NACHO AVERAGE PLANT-BASED CHEESE

MAKES 1 1/4 CUPS

## INGREDIENTS

- 2 cups cauliflower, chopped
- 3 cloves peeled garlic
- 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 soy sauce
- 1/2 cup hot water, as needed
- 1 1/2 tbsp cornstarch

## METHOD

- 1 Boil the cauliflower and garlic together in water until they are tender. While hot, add softened vegetables to a blender.
- 2 Add seasonings, lemon juice, soy sauce, hot water and cornstarch, blend again until the sauce is smooth.
- 3 Store with plastic wrap pressed against the surface of the cheese. Heat gently before each use.

[Return to Table of Contents](#) 12

**NUTRITION FACTS (3 tbsp):** Calories 20    Total Fat 0g    Sodium 140mg    Fiber 1g    Protein 1g