

Cauliflower Casserole

INGREDIENTS:

Four cups of florets of broccoli

One cup of raw cashews in hot water.

A total of 4 cups of florets of cauliflower

Twenty minutes had been spent soaking

One Half a cup of almond milk without sugar.

3 tablespoons of nutritional yeast
tablespoon of salt

Two tablespoons of oil from the olive

2 teaspoons of cornstarch

Two minced garlic cloves

Half a teaspoon of black pepper

One teaspoon of onion powder

Half a cup of breadcrumbs, if desired,

One tablespoon of juice from the lemon

Two tablespoons of cut parsley (optional
garnish)

INSTRUCTIONS:

Preheat oven to 375°F (190°C). Lightly oil a baking dish.

Now you need to boil the water in a big pot, then add cauliflower & broccoli.

Bake it about 3 or 4 minutes till tender to a slight extent.

Drain and set aside.

Drain soaked cashews. In a blender, combine cashews, almond milk, nutritional yeast, cornstarch, olive oil for cooking, a squeeze of lemon, black pepper, and garlic.

Mix until creamy and smooth.

Pour sauce into a mixing bowl. Add Broccoli and cauliflower, cut up and blanched.

Stir until the vegetables are covered.

Pour into the baking dish. Spread evenly with a spatula.

Breadcrumbs should be sprinkled on top in case they are used.

Cook it for the next 35 to 40 minutes while the tops are changing in light brown color.

Give the dish 5 minutes to settle once out of the oven.

Before doing so, sprinkle in chopped parsley.

