

Creamy Alfredo Zoodles



Ingredients for Creamy Alfredo Zoodles:

.3/4 cup of roasted cauliflower

.1/8 cup of almond milk

.1/4 cup of cheese

Directions for Creamy Alfredo Zoodles:

I place the milk and the roasted cauliflower and some of the cheese into the blender and place on the “soups” setting so it comes out nice and hot. Blend well.

Pour mixture over top of zoodles or noodles and top with the remainder of cheese. Enjoy your warm plate of freshly made Creamy Alfredo Zoodles!