

## Fat Free Cauliflower Sauce

### Ingredients:

2 1/2 - 3 cups steamed cauliflower  
1/2 cup water  
2 tsp garlic powder  
2 tsp onion powder  
1 tbsp lemon juice  
2 tbsp coconut aminos  
1/4 tsp turmeric powder  
a big pinch of red chili flakes  
salt to taste

### Directions:

Steam your cauliflower for about 10 or 15 minutes or until is soft. Blend the cauliflower and the rest of the ingredients in a blender until smooth. Adjust your seasonings and pile on top of potatoes with a sprinkle of chopped cilantro or salsa. It is wonderful with gluten-free pasta too!