

# Savory Vegetable Milk

Gluten-free, Dairy-Free, Grain-free, Nut-free, Soy-free, Corn-free

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**A nut-free and grain-free milk substitute for savory dishes.**

**yield: 4 cups**

- 2 TBSP olive oil
- ½ onion
- 3 cloves garlic, minced
- 12 oz **cauliflower** florets, fresh or frozen, chopped
- 3 cups filtered **water**

1. Heat **oil** in large pot or skillet. Sauté **onions** until translucent, about 10 minutes, stirring frequently so they don't brown.
2. Add **garlic** and continue to stir for 1-2 minutes.
3. Stir in **cauliflower** and slowly add **water**.
4. Bring to a boil, and simmer for at least 20 minutes, until cauliflower is soft.
5. Remove from heat, and blend with a stick blender until smooth.

Use as a milk substitute in savory dishes like quiche, cream sauces, soups, and more.

## **Substitutions/Suggestions:**

Make sure frozen cauliflower has no preservatives!

Store unused portion in refrigerator for 2-3 days.