

Roasted Cauli N' Cheese (Low Carb!)

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[Dinner](#) [Sides](#)

Ingredients

1 large cauliflower head cut into florets (about 4 cups of florets)
2 Tbsps olive oil, avocado oil
1 cup unsweetened almond, coconut, or cashew milk
1 Tbsp gluten free flour
1/2 cup shredded cheddar cheese (I used sharp)
1 tsp garlic powder
1 tsp onion powder
sea salt and pepper to taste, about 1/4 teaspoon each
1 Tbsp freshly chopped parsley

Optional: crumbled nitrate free bacon to sprinkle on top

Instructions

1. Preheat your oven to 400 degrees f.
2. In a large bowl, thoroughly stir the cauliflower florets with your oil and season with a pinch of sea salt and pepper.
3. On a large, flat rimmed baking sheet, covered with parchment paper, arrange your cauliflower florets in a single layer. Roast them in your preheated oven for 12-15 minutes, or until they are golden on the sides and fork-tender.
4. Add your choice of milk and flour to a saucepan and whisk really well until incorporated. Heat this over medium-low heat and stir in the cheese, garlic powder, onion powder, sea salt and pepper. Stir constantly to avoid cheese sticking and burning to the bottom of the pan. Cook just until you get a smooth thick sauce.
5. Remove from heat.
6. Pour your cheese sauce over the roasted cauliflower and toss to coat.
7. Sprinkle with parsley and crumbled bacon if desired and enjoy!

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