

Vegan Béchamel



Ingredients

- 1 medium Onion
- 1 small cauliflower head
- 2tbs nutritional yeast
- 1tbs lemon juice
- 1tsp onion powder
- 1tsp garlic powder
- 1tsp oregano
- ½ tsp salt and pepper to taste
- 1 ½ cup water



Description

1. Boil the cauliflower with the onion for 20 minutes or until the cauliflower is soft.
2. Transfer the cauliflower and onion to a high-powered blender along with the lemon juice, onion powder, garlic powder, oregano, salt, pepper and the water. Blend until you get a creamy consistency.

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