



## BLACK BEANS SPAGHETTI WITH VEGAN 'ALFREDO' CAULIFLOWER SAUCE

### INGREDIENTS

1 pack (8 oz/ 227g) – org black beans spaghetti  
1 pack (32 oz/ 907g) – org cauliflower heads or  
1 big cauliflower  
1 - org garlic head  
½ cup (75 g) – org raw pine nuts  
½ cup (120 g) – org coconut mylk (or another  
preferred dairy-free mylk)  
1 tbsp – coconut aminos  
1 tbsp – org lemon juice (or freshly squeezed  
juice from ½ lemon)  
1 tsp + 1 tsp – himalayan salt (or celtic salt)  
¼ tsp – org ground nutmeg

**PREP TIME: 10 MINS**

**COOK TIME: 1 H 10 MINS**

**TOTAL TIME: 1 H 20MINS**

**SERVES: 4**

**VEGAN**  
**GLUTEN-FREE**  
**OIL FREE**  
**SUGAR-FREE**

### DIRECTIONS (1)

*Roasted Garlic and Cauliflower Prep*

Step 1

Heat oven to 400°F (200°C).

Cut the one garlic heads in half (horizontally) exposing the garlic cloves to the heat of the oven.

Place each of the two halves on a baking pan or a ceramic pan, and bake on the lower rack of the oven.

Step 2

Place cauliflower heads in a baking pan, and drizzle the 1 tbsp of coconut aminos on top. Mix the cauliflower heads to soak in the coconut aminos, and cook in the oven on the top rack.

Step 3

Leave both garlic and cauliflower in the oven for 45 minutes to max 1 hour, until the cloves look roasted, and the cauliflower slightly browned on the surface.

Step 4

After baking, the garlic cloves become smooth and can be squeezed out of the shells.

Set roasted garlic and cauliflower aside.

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1 pack (32 oz/ 907g) - org cauliflower heads or 1 big cauliflower  
1 - org garlic head  
 $\frac{1}{2}$  cup (75 g) - org raw pine nuts  
 $\frac{1}{2}$  cup (120 g) - org coconut mylk (or another preferred dairy-free mylk)  
1 tbsp - coconut aminos  
1 tbsp - org lemon juice (or freshly squeezed juice from  $\frac{1}{2}$  lemon)  
1 tsp + 1 tsp - himalayan salt (or celtic salt)  
 $\frac{1}{4}$  tsp - org ground nutmeg

PREP TIME: 10 MINS

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### DIRECTIONS (2)

*'Alfredo' Cauliflower Sauce and Spaghetti Prep*

Step 1

Boil water in a large pot, and add black beans spaghetti with 1 tsp of salt.

Stir pasta after 3 minutes of adding to the boiling water.

Leave to boil of 5-7 min.

Step 2

Drain spaghetti, rinse with cold water and add to a large bowl.

Step 3

In a non-stick skillet (no oil) toast the raw pine nuts at medium heat until they turn golden brown. Set aside.

Step 4

In a high-speed blender add the following ingredients:

- cooked cauliflower
- roasted garlic cloves
- toasted pine nuts (keep some for topping)
- coconut mylk
- lemon juice
- 1 tsp salt
- ground nutmeg

Start blending at low speed until all ingredients will start mixing together, and gradually increase the speed to high.

Blend for 1 min 30 sec until the sauce becomes smooth and creamy.

Step 5

Plate about  $\frac{1}{2}$  cup of the boiled spaghetti per person, add an equal amount of the beautiful creamy cauliflower sauce and top with some toasted pine nuts and chili flakes if preferred.

Enjoy!

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## BLACK BEANS SPAGHETTI WITH VEGAN 'ALFREDO' CAULIFLOWER SAUCE

### DIRECTIONS (3)

*Notes:*

The best gluten-free alternative recommend to the black beans spaghetti is the org quinoa spaghetti pasta. If none of the proposed options are available to you, chose the spaghetti alternative available to you.

For the roasting of the garlic oil can be used if preferred. I recommend the roasting of garlic oil free, just sprinkle a tad of salt. Also, you can bake more than one head of garlic, since going through the trouble, and keep the rest refrigerated in a small glass jar for up to 3days.