

# plantifully based

## CHEESY CAULIFLOWER BAKE

### INGREDIENTS

#### CHEESY SAUCE

1 (15-OUNCE [425G]) CAN WHITE BEANS  
1/4 CUP (35G) CARROTS, CHOPPED  
1/2 CUP (56G) VEGAN CHEDDAR SHREDS  
1 1/3 CUP (320ML) NONDAIRY MILK  
1 TABLESPOON NUTRITIONAL YEAST  
1/2 TEASPOON SALT  
1 TABLESPOON TAPIOCA STARCH

1 HEAD OF CAULIFLOWER, CHOPPED INTO FLORETS (ABOUT 525G)  
2 TABLESPOONS BREADCRUMBS  
1/8 CUP (14G) VEGAN CHEDDAR SHREDS  
GARNISH WITH THYME AND COARSE SEA SALT

### METHOD

1. PREHEAT OVEN TO 400°F (204°C).
2. IN A HIGH SPEED BLENDER, BLEND ALL INGREDIENTS FOR THE CHEESY SAUCE UNTIL VERY SMOOTH.
3. BOIL CAULIFLOWER IN A LARGE POT FOR 3 MINUTES TO SOFTEN. DRAIN THE CAULIFLOWER WHEN DONE BOILING.
4. IN AN 8 X 8 OR 9 X 9 INCH BAKING DISH SPREAD HALF OF THE CHEESE SAUCE ON THE BOTTOM OF THE PAN. THEN ADD THE CAULIFLOWER AND POUR THE REMAINING CHEESE SAUCE OVER THE TOP OF THE CAULIFLOWER. SPRINKLE THE VEGAN CHEDDAR AND BREADCRUMBS OVER THE TOP.
5. BAKE FOR 30 MINUTES AND THEN BROIL ON HIGH FOR 2 TO 4 MINUTES, OR UNTIL GOLDEN.
6. GARNISH WITH FRESH THYME AND COARSE SEA SALT.

