



Courtesy of Anna Sward @ Proteinpow.com

## **Cauliflower Cheese Bake**

### **Ingredients**

Cauliflower 400 g (steamed)  
Pea-protein powder 4 tbsp (28 g)  
Milk 3/4 cup  
Mature cheddar cheese 6 tbsp, divided  
Salt and pepper to taste  
Garlic paste 1/2 tbsp

### **Notes**

- I used coconut milk from a carton, but regular cow's milk or almond milk would work nicely, too.
- If cheddar isn't your thing, add another sharp cheese of your liking. Gouda, Muenster, and Monterrey Jack are all great options!
- Looking to punch up the garlicky flavor? Add another 1/2 tablespoon of garlic to your dish.

### **Directions**

1. In a pot, combine the milk, protein powder, 4 tbsp of the cheese, garlic, and seasoning. Whisk over medium heat until you get a thick and creamy sauce.
2. Add your cooked cauliflower to a small casserole dish, and cover with the protein cheese sauce.
3. Add remaining 2 tbsp grated cheese on top and place under a broiler or grill for about 10 minutes, or until the cheese on top has melted. Dig in!

