

Creamy, Dairy-Free Broccoli Sauce

(Gluten-free, soy-free, grain-free, keto)

INGREDIENTS:

1 ripe avocado, peeled and seeded.
1 head broccoli, cut and steamed
1 cup fresh cilantro
1/3 cup avocado oil (coconut oil or other light oil will also work)
1/2 cup non-dairy milk
1/4 cup apple cider vinegar
4 cloves garlic, peeled
2 T nutritional yeast (Optional)
Salt to taste

DIRECTIONS:

Add all ingredients into a blender, food processor, or appropriate container for an immersion blender and process until fairly smooth.

If the sauce is too thick, add a bit of coconut milk to thin it to your liking.

Salt to taste.

Store in an airtight container in the refrigerator until ready to use.

Enjoy!

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