

# Creamed Spinach

Makes 6 servings

Prep Time: 5 minutes

Cook Time: 20 minutes

## Ingredients:

1 small head cauliflower  
½ c plain yogurt  
¼ c nutritional yeast  
½ t salt  
½ t black pepper  
1 t onion powder  
1 t garlic powder  
16 oz. washed baby spinach

## Directions:

1. Chop cauliflower into large chunks and boil or steam until fork tender. Blend in a blender with the next six ingredients until smooth. Season to taste.
2. Wilt spinach in a frying pan over medium-high heat with no oil or water. Squeeze out excess water. Stir into warm cauliflower cream sauce and serve.



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Nutrition Facts	
Servings 6.0	
Amount Per Serving	
calories 55	
% Daily Value *	
Total Fat 0 g	1 %
Saturated Fat 0 g	0 %
Monounsaturated Fat 0 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 265 mg	11 %
Potassium 531 mg	15 %
Total Carbohydrate 8 g	3 %
Dietary Fiber 4 g	14 %
Sugars 3 g	
Protein 5 g	10 %
Vitamin A	142 %
Vitamin C	66 %
Calcium	11 %
Iron	16 %
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	