



MAGIC CAULIFLOWER CREAM!

AND TEN WAYS TO USE IT

HI! HELLO! WELCOME!

Thanks for downloading our Magic Cauliflower Cream eBook! We are SO EXCITED to finally be able to share this resource with you - I hope you love it as much as we do!

This eBook contains our master Magic Cauliflower Cream recipe, plus *ten* of our favorite dishes to help you use it! Our Cauliflower Cream is perfect for meal prep - make a batch or two on Sunday and use it in these recipes all week long for lightened-up dinners that are ready in no time.

In this eBook, you'll find a mix of our typical cauli cream favorites, as well as some lightened-up reader favorites (popular Life As A Strawberry recipes that we've re-tested and re-written to use Magic Cauliflower Cream!) and two brand new cauli cream recipes available ONLY in this eBook for our awesomesauce email subscribers (that's you!)

- *Jessie & Team Life As A Strawberry*

PS - Don't forget to tag @lifeasastrawberry on Instagram so we can see what you're cooking!





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MASTER RECIPE

MAGIC CAULIFLOWER CREAM

🕒 PREP TIME: 10 MIN | 🕒 COOK TIME: 30 MIN | 🍴 YIELD: MAKES 3-4 CUPS

INGREDIENTS

- 1 large head cauliflower, cut into 1-inch pieces
- 1 and 1/2 cups vegetable stock
- 1/2 teaspoon kosher salt

INSTRUCTIONS

1. Add **all ingredients** to a medium saucepan. Cover and place on the stove over medium-high heat. Cook for **10 minutes**.
2. Stir cauliflower, re-cover, and cook for **10 minutes** more or until cauliflower is very easily pierced with a fork.
3. Remove pot from heat. Let cool for at least **10 minutes**.
4. Carefully transfer cauliflower and stock to a blender or food processor. Cover and **blend for at least thirty full seconds** until cauliflower has formed a smooth, thick cream. *For best results, remove the very top piece of the blender as soon as you start it in order to let steam escape.*
5. Use cauliflower cream immediately or let cool completely and store in an airtight container in the fridge for up to a week, or in the freezer 3-4 months.

HOW TO MAKE MAGIC CAULIFLOWER CREAM

STEP-BY-STEP PHOTOS



1 Chop a large head of cauliflower into 1-inch pieces. For best results, use a head of cauliflower that's approximately 1 and 1/2 to 2 pounds. After cutting your cauliflower, you should have about 5 cups of florets.



2 We use a 10-10-10 method to make this recipe easy to memorize: toss everything in a saucepan, cook 10 minutes. Stir, cook 10 more minutes. Turn off the heat, let cool for 10 minutes.



3 Transfer everything (including all of the liquid!) to a blender or food processor. For best results, blend for at least 30 full seconds (or better: a full minute!) **Don't forget to remove the top cap to let steam escape!**



4 Let Magic Cauliflower Cream cool completely, then transfer to an airtight container. Store in the fridge for up to a week or freeze for 3-4 months. Zap defrosted cauli cream with a hand blender to smooth it out if needed.

QUESTIONS?

Visit lifeasastrawberry.com/magic-cauliflower-cream-sauce to leave a comment or ask a question about this master recipe, or DM @lifeasastrawberry on Instagram for help and recipe suggestions!

PRO TIPS!

Substitutions: You can use chicken or turkey stock instead of veggie stock with no real difference in flavor. You can also use water instead of stock in a pinch, but we like the extra bit of flavor you get from stock. Use 1 pound frozen cauliflower florets in place of fresh cauliflower if you like. Add two minutes to the cooking time for best results when using frozen cauliflower!

Additions: We kept the flavor of this cauliflower cream purposefully mellow so that you can work it into all kinds of dishes! To amp up the flavor of this cauliflowerer sauce on its own, you can add roasted garlic, sautéed garlic and onions, herbs, lemon juice, or your favorite spices when you blend everything together.

Equipment: We tested this recipe with a variety of blenders, immersion blenders, and food processors. For best results, use a strong blender (we love our older KitchenAid blender, Cuisinart Food Processors, and Cuisinart hand blenders) If you know that your blender doesn't always like to get things ultra-smooth, plan to scrape down the sides and blend for an additional 30 seconds to get this sauce ultra creamy (when we tested with an especially old store-brand blender, it was helpful to scrape the sides down or shake the blender to redistribute cauliflower and blend an extra minute or so). If you use an immersion blender, know that you'll have to move the hand blender around quite a bit to move the liquid around and help the cauliflower turn into a smooth sauce!

Uses: Use cauli cream in place of milk-based sauces, to thicken sauces and soups in lieu of a roux or cornstarch slurry, in place of butter or cream in mashed potatoes, or as a substitute for canned soup or cream sauces in your favorite casserole.

Adapting recipes to use cauliflower cream: Substitute 3/4 cup of cauliflower cream for every 1 cup of milk or cream called for in a recipe (while also omitting any roux, cornstarch slurry, or other thickening agents).





THE RECIPES

CAULIFLOWER MAC & CHEESE

🕒 **PREP TIME:** 10 MIN | 🕒 **COOK TIME:** 20 MIN | 🍴 **YIELD:** SERVES 4-6

INGREDIENTS

- 3/4 pound pasta
- 1 and 1/2 cups **MAGIC CAULIFLOWER CREAM**
- 2 and 1/2 cups shredded white cheddar cheese
- Fresh ground black pepper to taste
- Salt to taste

INSTRUCTIONS

1. Cook pasta in very salty water until al dente. Reserve 1/3 cup of pasta water, then drain pasta and set aside.
2. Return pot to stove over medium-low heat. Add cauliflower cream and cook, stirring frequently, until it reaches a low simmer and begins to bubble, about 3-5 minutes.

3. Add shredded cheese and fresh ground black pepper to cauliflower cream. Stir until cheese has melted and you have a smooth, thick sauce. Turn off the heat.

4. Add cooked pasta to sauce and stir to combine. Add reserved pasta water a splash (about 2 Tablespoons) at a time, stirring well between each addition, to lightly thin the sauce and help it coat the pasta. You won't need all the pasta water! I usually use a little less than 1/4 cup.

5. Taste the mac and cheese. Add salt if necessary. Top mac and cheese with a bit of fresh ground black pepper and serve immediately.

NOTES

Shred your own cheese for best results! Use a mix of cheeses & add veggies or protein if you like.



PARMESAN SPINACH GNOCCHI

READER FAVORITE!

🕒 **PREP TIME:** 10 MIN | 🕒 **COOK TIME:** 20 MIN | 🍴 **YIELD:** SERVES 4

INGREDIENTS

- 16 ounces potato gnocchi
- 1 Tablespoon unsalted butter
- 1 clove garlic, minced
- 1 and 1/2 cups **MAGIC CAULIFLOWER CREAM**
- 3 cups fresh spinach, roughly chopped
- 1 cup shredded parmesan cheese
- salt and pepper to taste
- 1/4 cup chicken stock or heavy cream (optional)

INSTRUCTIONS

1. Cook gnocchi according to package directions in a large saucepan. Drain and set aside.
2. Return saucepan to stove. Melt butter over medium heat. Add garlic and sauté for about a minute until garlic is fragrant.
3. Add cauliflower cream to the pan. Cook, stirring occasionally, until cauliflower cream has reached a low simmer.
4. Add chopped spinach and stir to combine. Cook, stirring frequently, for 3-5 minutes until cauliflower cream reaches a low simmer and begins to bubble.
5. Turn off the heat. Stir in parmesan, salt, and pepper. Stir until cheese is melted and you have a smooth sauce.
6. Return cooked gnocchi to pot and toss to coat. Add a splash of stock or cream to loosen sauce if you like. Serve immediately.



15-MINUTE CAULIFLOWER FARRO RISOTTO

🕒 **PREP TIME:** 15 MIN | 🕒 **COOK TIME:** 30 MIN | 🍴 **YIELD:** SERVES 4-6

INGREDIENTS

- 1 Tablespoon olive oil
- 4 cups cooked farro
- 1 and 1/2 cups **MAGIC CAULIFLOWER CREAM**
- 1 cup shredded parmesan cheese
- 2 Tablespoons unsalted butter
- salt and pepper to taste
- Red Wine Balsamic Mushrooms (*optional - recipe below*)
- Fresh parsley for garnish (*optional*)

INSTRUCTIONS

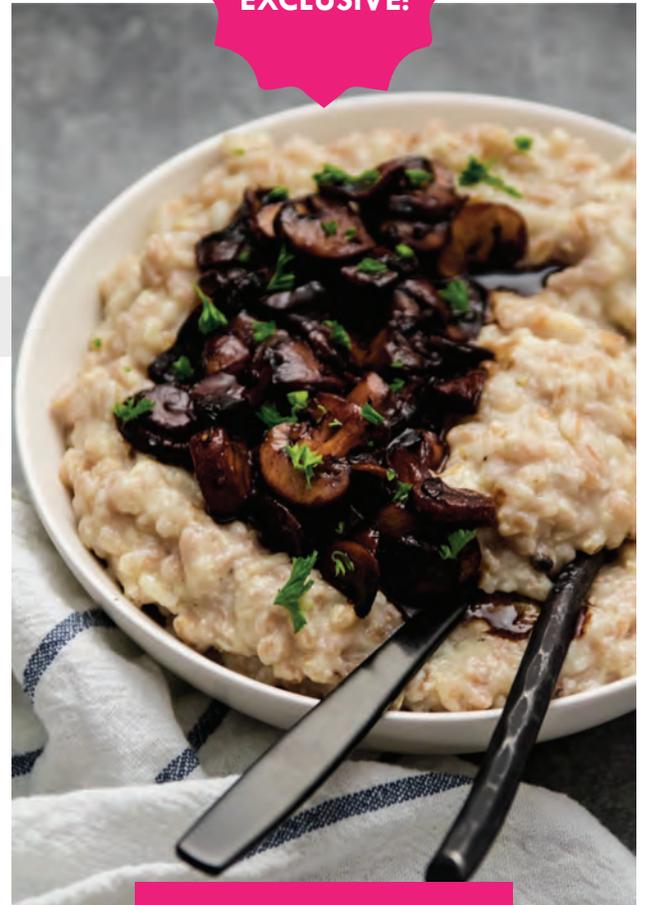
1. Heat olive oil in a large skillet over medium heat. Add cooked farro and cauliflower cream and stir to combine. Cook, stirring frequently, 5-7 minutes until hot.
2. Turn off the heat. Stir in parmesan cheese, butter, salt, and pepper. Top with red wine balsamic mushrooms (*optional - recipe below*) and fresh chopped parsley and serve immediately.

NOTES

Use cauliflower rice instead of cooked farro here if you like. For best results, shred your own parmesan cheese and use a high-quality parmigiano-reggiano. Meal prep some farro and cauliflower cream ahead of time to have this risotto ready in 15 minutes flat!

HOW TO MAKE RED WINE BALSAMIC MUSHROOMS

Heat 1 Tablespoon olive oil in a large skillet over medium heat. Add 4 cups sliced portobello mushrooms and sauté 3-4 minutes until reduced in size. Add salt, pepper, 1/4 cup balsamic vinegar, and 1/3 cup red wine. Stir and bring to a low simmer. Reduce heat to low and cook for 10-15 minutes, stirring frequently, until liquid has reduced almost entirely and you're left with rich, syrupy mushrooms.



CAULIFLOWER CREAMED CORN

🕒 PREP TIME: 15 MIN

🕒 COOK TIME: 10 MIN

🍴 YIELD: SERVES 4-6



INGREDIENTS

- 1 Tablespoon olive oil
- 1/2 medium yellow onion, diced
- 1/2 teaspoon dried thyme
- Salt and pepper to taste
- 3 and 1/2 cups corn kernels
- 1 and 1/2 cups **MAGIC CAULIFLOWER CREAM**
- 1/2 cup vegetable stock
- Fresh thyme sprigs (optional), for garnish

INSTRUCTIONS

1. Heat olive oil in a large skillet over medium heat. Add diced onion and cook, stirring frequently, until onion is soft and translucent, about 3-4 minutes.
2. Add thyme, salt, and pepper to skillet and stir to combine.
3. Add corn kernels to skillet and stir to combine.
4. Add cauliflower cream and vegetable stock to the skillet. Cook, stirring occasionally, until cauliflower cream has reached a low simmer and corn is warmed through.
5. Taste and add additional salt or pepper to taste. Garnish with fresh thyme sprigs (optional) and serve immediately.

NOTES

This works with fresh, canned, or frozen corn! Swap 1 Tablespoon fresh thyme leaves for dry. Add cayenne pepper or paprika for spice, extra cauli cream or veggie stock for a looser sauce, or toss in your favorite veggies (diced bell peppers, jalapeño, green chile).

CAULIFLOWER FETTUCCHINE ALFREDO

🕒 PREP TIME: 10 MIN

🕒 COOK TIME: 15 MIN

🍴 YIELD: SERVES 4

INGREDIENTS

- 8 ounces fettuccine pasta
- 1 Tablespoon olive oil
- 2 cloves garlic, minced
- 1 cup **MAGIC CAULIFLOWER CREAM**
- 1 cup shredded parmesan cheese
- salt and pepper to taste
- Fresh parsley for garnish (optional)

INSTRUCTIONS

1. Cook fettuccine in a large saucepot filled with very salty water until al dente.
2. Reserve 1/3 cup pasta water. Drain pasta, set aside, and return empty pot to the stove.
3. Heat olive oil in the pot over medium heat.

4. Add garlic and sauté until fragrant, about 1 minute.
5. Add cauliflower cream. Cook, stirring frequently, until it begins to bubble at a low simmer. Turn off heat.
6. Add parmesan cheese and stir until cheese has melted.
7. Return cooked fettuccine to pot. Toss to combine.
8. Add reserved pasta water a few tablespoons at a time, tossing between each addition, to lightly thin the sauce and help it coat the fettuccine. (You won't need it all!)
9. Add salt and pepper to taste and toss to combine. Garnish with fresh parsley and serve immediately.

NOTES

Shred your own cheese for best results!



CAULIFLOWER MASHED POTATOES

🕒 **PREP TIME:** 15 MIN | 🕒 **COOK TIME:** 30 MIN | 🍴 **YIELD:** SERVES 4-6

INGREDIENTS

- 2 pounds yellow or butter potatoes
- 1 Tablespoon Kosher salt
- 1 cup **MAGIC CAULIFLOWER CREAM**
- salt and pepper to taste
- 2 teaspoons fresh chopped parsley

INSTRUCTIONS

1. Peel potatoes and cut into evenly-sized 2-3 inch pieces. Add to a large pot with 1 Tablespoon kosher salt and cover with cold water. Place lid on pot and set over a burner set to medium heat.
2. Cook potatoes until water reaches a low boil, about 25-30 minutes, and potatoes are easily pierced with a fork. Drain potatoes and return to pot.
3. Add cauliflower cream, salt, and pepper. Mash potatoes with a potato masher. Taste and add seasoning as necessary.
4. Transfer potatoes to a serving bowl. Top with fresh chopped parsley and fresh ground black pepper. Serve immediately.

NOTES

Save leftover mashed potatoes in an airtight container in the fridge for 3-4 days. Reheat in a saucepan over low heat with an extra scoop of cauliflower cream to keep them moist.



MUSHROOM SPINACH LASAGNA

🕒 **PREP TIME: 30 MIN**

🕒 **COOK TIME: 40 MIN**

🍴 **YIELD: SERVES 6**

INGREDIENTS

1/2 pound lasagna noodles (regular or ready-to-bake)
1 Tablespoon olive oil
1/2 large yellow onion, diced
4 cloves garlic, minced
1 pound baby portobello mushrooms, sliced
salt and pepper to taste
1 and 2/3 cups **MAGIC CAULIFLOWER CREAM**
1/2 cup chicken or vegetable stock
4 cups fresh spinach, roughly chopped
1.5 cups shredded parmesan cheese, divided
8 oz. fresh mozzarella cheese, thinly sliced or shredded
1/4 cup chopped parsley for garnish (optional)

INSTRUCTIONS

1. Cook lasagna noodles in very salty water until 5 minutes less than al dente. Drain. Set noodles in a single layer on a lightly oiled baking sheet to prevent sticking. (Skip this step if using ready-to-bake noodles).
2. Heat olive oil in a large saucepan over medium-high heat. Add onion and garlic and cook, stirring frequently, 1-2 minutes until onion has softened.
3. Add mushrooms. Cook, stirring occasionally, 5 minutes until onion is translucent and mushrooms have softened.
4. Add salt and pepper to taste (don't skimp on the seasonings – salt brings out the flavor of this sauce!)
5. Add Magic Cauliflower Cream and stock. Stir to combine. Bring to a low simmer.
6. Turn off the heat. Add spinach and 1 cup of parmesan cheese (save the extra 1/2 cup for assembly!) Stir until cheese has melted and spinach has wilted. Taste and add seasoning if needed.



7. Heat oven to 375 degrees F (skip this step if you plan to freeze your lasagna for later).

8. Assemble! Spread a thin layer of sauce on the bottom of an 8×10" baking dish. Lay down a layer of lasagna noodles, then a few ladlefuls of sauce, followed by a handful of mozzarella. Repeat until you run out of noodles and sauce. Top the final layer with any remaining mozzarella and parmesan cheeses.

9. Bake lasagna for 30-40 minutes until cheese has melted and edges are lightly browned. Let cool 10 minutes, then top with fresh parsley and serve.

NOTES

Add an extra 1/4 cup of stock to sauce if you use ready-to-bake lasagna noodles.

To freeze lasagna, let cool completely and wrap tightly with plastic wrap. Lasagna can go straight from the freezer into a COLD oven (let the oven heat up slowly with the cold dish inside to prevent any ceramic or glass dishes from breaking) and bake for 1-2 hours until cheese has melted and lasagna has warmed through.

For best results, shred your own parmesan cheese.

CAULIFLOWER GREEN BEAN CASSEROLE

🕒 **PREP TIME:** 15 MIN

🕒 **COOK TIME:** 35 MIN

👤 **YIELD:** SERVES 8-10

INGREDIENTS

- 1 Tablespoon olive oil
- 2 cloves garlic, minced
- 6 ounces baby portobello mushrooms, sliced (about 1 1/2 cups)
- salt and pepper to taste
- 1 1/2 cups **MAGIC CAULIFLOWER CREAM**
- 1/2 cup vegetable stock
- 1 1/2 pounds fresh green beans, trimmed
- 1 1/2 cup french fried onions

INSTRUCTIONS

1. Heat olive oil in a large, oven-safe skillet (ours is 12") over medium-high heat. Add garlic and mushrooms. Cook 3-4 minutes, stirring occasionally, until mushrooms have softened and garlic is fragrant.
2. Add salt, pepper, Magic Cauliflower Cream, and vegetable stock. Stir to combine. Cook, stirring occasionally, for 4-6 minutes until liquid reaches a low simmer.
3. Add green beans to skillet and toss to combine. Turn off the heat.
4. If you're baking your green bean casserole immediately, proceed to the next section. If you're making the casserole in advance, let green beans cool completely, then cover with a tight-fitting lid or cling wrap and refrigerate for up to 3 days before baking.
5. Heat oven to 350 degrees F.
6. Top green beans with an even layer of french fried onions.
7. Bake casserole at 350 degrees F for 15-25 minutes until green beans are hot and onions have begun to brown. (Note: If you made the green beans ahead of time, add 5-10 minutes to your cooking time to ensure casserole is warmed through). Serve immediately.



SPINACH ARTICHOKE DIP

🕒 PREP TIME: 5 MIN

🕒 COOK TIME: 15 MIN

🍷 YIELD: SERVES 6-10

INGREDIENTS

- 1 Tablespoon olive oil
- 3 cloves garlic, minced
- 1 (14 ounce) can artichoke hearts, drained and chopped
- 4 cups fresh spinach, roughly chopped
- 1 cup **MAGIC CAULIFLOWER CREAM**
- 1/2 cup plain greek yogurt
- 1/2 cup parmesan cheese
- salt and pepper to taste

NOTES

To make ahead: Prepare dip, cool completely, then refrigerate in an airtight container for 3-4 days. To reheat, transfer to an oven-safe dish, top with shredded parmesan and heat at 350 degrees until warm. Use frozen spinach instead of fresh if preparing in advance (fresh spinach can turn the dip green when reheated).

INSTRUCTIONS

1. Heat olive oil in a large skillet over medium heat. Add garlic and cook until softened, about 2 minutes.
2. Add artichoke hearts and spinach. Cook 3-5 minutes, stirring frequently, until spinach has wilted.
3. Add cauliflower cream and Greek yogurt. Stir to combine. Cook 3-5 minutes until mixture is hot.
4. Turn off the heat. Add parmesan cheese and stir until cheese has melted.
5. Serve immediately with crackers, baguette slices, or veggie sticks.

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EXCLUSIVE!**





GARLIC MUSHROOM MAC AND CHEESE

🕒 **PREP TIME:** 15 MIN | 🕒 **COOK TIME:** 25 MIN | 🍴 **YIELD:** SERVES 4-6

INGREDIENTS

- 3/4 pound pasta (we used cavatappi)
- 2 Tablespoons unsalted butter
- 4 cloves garlic, minced
- 16 ounces baby portobello mushrooms, sliced
- salt and pepper to taste
- 2 cups **MAGIC CAULIFLOWER CREAM**
- 1 1/2 cups shredded gruyere cheese
- 2 ounces goat cheese (about 1/4 cup)

NOTES

Add a few drops of truffle oil to the sauce if you like!
Use white cheddar, parmesan, havarti, or fontina in place of some or all of the gruyere and goat cheese in this recipe.

For a baked mac and cheese, undercook pasta by 1-2 minutes and add 1/4 cup of milk or chicken stock to the sauce. Top with panko breadcrumbs and bake at 375 degrees F for 20-30 minutes until sauce is bubbling and breadcrumbs are browned.

INSTRUCTIONS

1. Cook pasta in very salty water until al dente. Reserve 1/3 cup pasta water. Drain pasta and set aside.
2. Melt butter in a large saucepan over medium heat. Add garlic and mushrooms. Sauté, stirring occasionally, 5-8 minutes until mushrooms have softened and reduced in size.
3. Add salt, pepper, and cauliflower cream. Stir to combine. Bring to a low simmer.
4. Turn off heat. Add gruyere and goat cheese. Stir until cheese has melted.
5. Add cooked pasta to sauce and toss to combine.
6. Add reserved pasta water a few Tablespoons at a time, mixing well between each addition, to loosen sauce slightly. You won't need all of the pasta water! Taste and add seasoning if necessary. Serve immediately.

THANK YOU!

Thank you so much for downloading this eBook!

We hope these recipes are useful as you work our favorite Magic Cauliflower Cream into your meal prep routine.

Of all the recipes we've created and shared, this is one of just a few we make nearly every. single. week.

If you have any questions (or requests for future Cauliflower Cream recipes!) shoot us an email, leave a comment on the website (you can find direct URLs for each previously published recipe at the bottom of each page of this book!) or DM @lifeasastrawberry on Instagram and a member of our team will be in touch.

Happy cooking!

- *Team Life As A Strawberry*

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