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# Cauliflower Alfredo Sauce

**1/2 cauliflower**  
**1/3 cup Greek yogurt plain**  
**1/3 cup Almond milk**  
**1/3 cup chicken stock**  
**1/4 cup onion**  
**1 tablespoon garlic**  
**1/4 teaspoon nutmeg**  
**1/4 teaspoon white pepper**  
**1/2 teaspoon himilayan pink salt**  
**1/3 cup parmesan cheese**

Boil cauliflower 10 minutes, dreain. Saute onion and garlic. Add everytingto a blender