



Sweet Potato Parsnip Gratin

INGREDIENTS

Serves 6

2 cups or ½ head large cauliflower, chopped
 1 large sweet potato, sliced thin (13 oz)
 1 large parsnip, peeled, sliced thin (9 oz)
 1 onion, thinly sliced
 1 ½ cups veggie broth
 2 garlic cloves
 1 cup almond milk
 1 T nutritional yeast
 3T sage, chopped
 1 t salt
 ½ t black pepper
 2 T xvo
 ½ t paprika

Crumble

1 cup almond flour
 2 T nutritional yeast
 2 T olive oil
 ½ cup chopped almonds
 4 leaves sage, diced
 1 t sumac
 ¼ t mustard seed powder
 pinch crushed red pepper

Pre heat oven to 400. In a pot, add the veggie broth, garlic and cauliflower. Bring to a boil. Lower heat and cover and cook for 5 minutes. Remove from heat. Blend the hot cauliflower mixture with yeast, salt, pepper, olive oil, paprika and almond milk until creamy. In a large bowl, toss all of the veggies with the cauliflower cream. In a 9 x 9 casserole pan, lightly spray with coconut oil. Add the gratin.

To make the crumble:

Combine all ingredients and mix with your hands to create a crumble. Top the gratin with the crumble. Bake at 400 for 1 hour.