

Alfredo Sauce

The most perfect, creamy, low fat and vegan Alfredo sauce you will ever have is here and as a bonus it is also SUPER simple to make.

Prep:
10 minutes

Cook:
10 minutes

Ready In:
20 minutes

Servings:
2



Ingredients

2 cups cauliflower, chopped
2 garlic cloves
2 tbsp hemp seeds
2 tbsp nutritional yeast
Juice of 1/2 lemon
1/4 tsp salt
1/4 cup water

Instructions

- 1** First we are going to boil our cauliflower in a pot of water until soft (about 5 minutes).
- 2** Transfer all of your ingredients to a blender and blend until creamy and smooth.
- 3** Cook your favorite pasta and then pour over pasta. Add sautéed vegetables for a more hearty and filling meal.
- 4** For this dish I used whole wheat fusilli noodles. I also sautéed asparagus, spinach, sun dried tomato, mushrooms, red onion and yellow bell pepper in a little bit of water and added that over the noodles before I mixed it all together. The sauce also keeps well in the fridge for a up to 3 days and it tastes great on cold pasta as well. Enjoy!