



Creamy Alfredo (Vegan!)

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Prep/Cook time: 15-20 minutes

Makes: 2 serving

Ingredients:

- 160 grams Kaslo Sourdough Spelt Clear Pasta

Sauce:

- 3 cups cauliflower
- ½ onion
- 1 garlic clove, minced
- ½ cup vegetable broth
- ½ cup coconut milk from a can
- ¼ cup nutritional yeast
- 1 tablespoon olive oil
- salt and pepper
- parsley, chopped

Method:

1. Boil water with a pinch of salt, add pasta and cook to desired firmness (5-8 minutes)
2. Meanwhile, steam cauliflower and onion
3. Add garlic, vegetable broth, coconut milk, nutritional yeast, olive oil and salt and pepper in a food processor, puree
4. When Cauliflower and onion is cooked, add to food processor and blend until smooth
5. Combine sauce with pasta and garnish with chopped parsley

Serve and Enjoy!