



## **Pumpkin Cream Sauce (with Vegan option)**

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Prep/Cook time: 25-30 minutes

Makes: 2 large serving

Recipe:

160 grams Kaslo Sourdough Amaranth Pasta

Sauce:

2 tablespoons coconut oil

1 tablespoon fresh rosemary

1 can pureed pumpkin

1 garlic clove, minced

1/2 cup half and half cream (vegan- substitute 1/2 cup coconut milk from the can)

1/3 cup parmesan cheese, shredded (vegan- 1/3 cup daiya cheese)

1 tablespoon white wine vinegar

1/2 teaspoon salt

Method:

1. Melt oil in a pan and sauté rosemary so it infuses in the oil. Remove rosemary from the pan but leave the oil
2. Boil water in a pot and cook pasta to desired firmness (5-8 minutes)
3. Add remaining ingredients into the coconut oil and stir until combined, keep on low heat until pasta has finished cooking
4. Combine sauce with pasta and serve

Serve and Enjoy!