

## Cashew Alfredo Sauce

### Ingredients:

- 1 large white onion, diced
- 4 large garlic cloves, minced
- 3-4 cups vegetable broth
- 1 cup raw cashews
- 1/2 cup Nutritional Yeast
- 1/2 teaspoon black Pepper
- 1 teaspoon salt or to taste (\*omit if avoiding the use of salt)
- 2 tablespoons Lemon Juice
- 2 tablespoons corn starch (optional)



### Nutrition Facts

13 servings per container	
<b>Serving size</b>	<b>1/3 cup (102g)</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>80</b>
	<b>% Daily Value*</b>
<b>Total Fat</b> 4g	<b>5%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol</b> 0mg	<b>0%</b>
<b>Sodium</b> 330mg	<b>14%</b>
<b>Total Carbohydrate</b> 7g	<b>3%</b>
Dietary Fiber 2g	<b>7%</b>
Total Sugars 2g	
Includes 0g Added Sugars	<b>0%</b>
<b>Protein</b> 5g	
Vitamin D 0mcg	<b>0%</b>
Calcium 11mg	<b>0%</b>
Iron 1mg	<b>6%</b>
Potassium 121mg	<b>2%</b>

### Instructions:

1. Soak cashews for at least 2 hours (ideally overnight). If you have a high-speed blender you can skip the soaking if short on time.
2. Add one cup of the broth and diced onion to a large pan over medium-low heat. Add garlic after 2 minutes and cook for about 6 more minutes until onion is very tender, and the broth has mostly evaporated.
3. Put the onion and garlic into a blender 2 cups of the remaining broth. Add the rest of the ingredients and blend on high until creamy and smooth.
4. To keep the calories low, add the remaining 1 cup broth and the corn starch, blend everything again, pour the mixture into a pan and thicken to the desired consistency while stirring constantly. If calories is not an issue, omit this step. Serve over preferred whole-grain pasta or zoodles.

\*If salt is omitted, the sodium content per serving drops to 145mg

Recipe modified by Maggie Carneiro, from *Eating You Alive* website

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.