



# HEALTHY FOUNDATIONS

## NATUROPATHIC CLINIC

### Dairy-Free Fettucine Alfredo

DairyFree, Gluten-Free, Vegan, Paleo  
Serves: 3 cups of sauce

#### Ingredients

- 3 cup **cauliflower** (one small head)
- 1 cup **cashews** (soaked at least 30 minutes)
- ½ cup **macadamia nuts** (soaked at least 30 minutes)
- 1 ¼ cup unsweetened **almond milk**
- 3 tbsp **nutritional yeast**
- 1 tsp **salt** (sea or Himalayan)
- ½ tsp **black pepper**
- 3 tbsp **fresh lemon juice**
- 1 tbsp **coconut** or **olive oil** for cooking
- ¼ cup **white** or **yellow onions** (diced)
- 3 large **cloves of garlic** (minced)

#### Instructions

1. Soak both macadamia nuts and cashews in water for at least 30 minutes or until softened. Discard water.
2. Rough chop cauliflower and steam in steamer basket until tender (about 5 minutes).
3. Heat saucepan on med/high heat. Add oil, onions and garlic and sauté until tender.
4. Add all ingredients to a high-speed blender or food processor. (note: a food processor won't puree as smoothly. I ended up finishing in my blender to make the sauce velvety smooth. If too thick, add more almond milk or water to reach desired consistency).
5. Cook pasta according to package directions. (I used quinoa pasta).
6. Add desired amount of alfredo sauce to pasta and mix thoroughly.
7. Top with salt and pepper to taste, fresh herbs, and a drizzle of olive oil if you want!

Recipe by Kimdeon.com at <http://kimdeon.com/recipes/dairy-free-recipes/dairy-free-fettucine-alfredo/>