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WILD ORGANIC WELLNESS

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Cashew Alfredo with Asparagus

Prep Time: 7 minutes

Cook Time: 15 minutes

Serves: 4

Ingredients:

Sauce:

¼ Cup	Cashews
2 Cups	Unsweetened Almond Milk
1 Cup	Nutritional Yeast
1 Teaspoon	Salt
2 Teaspoons	Granulated Garlic
	Pepper, to taste
1 Cup	Asparagus
2 Bags	Shirataki Noodles or 1 Bag Kelp Noodles

Directions:

Place cashews, almond milk, nutritional yeast, salt, garlic and pepper in a blender. Mix until smooth. Set aside.

Chop asparagus.

Heat a large pan with oil. Sauté asparagus for 5 minutes and then add noodles. Pour sauce over noodles and cook until hot.

Feed Your Wild

Wellness

Happiness

Balance

Good Food

Love

Vibrance