

# Quick Vegan Alfredo – Vegan

Prep Time: 5 minutes  
Cook Time: 20 minutes  
Total Time: 25 minutes

Serving Size: 4  
Calories per serving: 517  
Fat per serving: 15 grams

## Ingredients

- 1 (13-ounce) package whole wheat pasta
- 1 cup soy milk
- 1/4 cup nutritional yeast flakes
- 3 tablespoons low sodium soy sauce
- 1/4 cup cashew nuts, raw and unsalted
- 2 tablespoons vegan butter, Earth Balance
- 1 tablespoon lemon juice
- 1 tablespoon Trader Joe's Tahini Sauce
- 2 teaspoons Dijon style mustard
- 2 cloves garlic, peeled
- 1 pinch nutmeg
- 1/2 teaspoon paprika
- Black pepper, to taste
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## Instructions

1. Cook pasta according to package instruction. Drain the pasta and place it back into the empty pan.
2. Place the rest of the ingredients in a blender and mix until smooth.
3. Pour the sauce over the pasta and cook on medium heat, stir until heated through.
4. Serve with a bit of black pepper on top.

## Notes

Nutrition facts (per serving): Calories: 517, from fat: 135, total fat: 15g, cholesterol: 0mg, sodium: 564mg, total carbohydrate: 79g, fiber: 11g, sugar: 9g, protein: 20g.