

ONE BITE

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Vegan Magazine

Sept / Oct 2019

TAKING CONTROL
OF YOUR HEALTH
with a Plant Based Diet

Healthy lunch box
AND SNACK
IDEAS FOR KIDS

WITH A COPY of VEGAN COMFORT COOKING + RECIPES

SEASONAL
» Fall Recipes «

MUST EATS IN MALTA - THE VEGAN TREATS YOU DON'T WANT TO MISS

FEELING SPOOKY!
VEGAN HALLOWEEN
RECIPES



Vegan Pumpkin Alfredo

By Jess Hoffman

This vegan pumpkin Alfredo is made with the creamiest pumpkin sauce that goes perfectly with any type of pasta you love. Say hello to your new favorite Fall recipe!

PREP TIME:
10 minutes

COOK TIME:
10 minutes

TOTAL TIME:
20 minutes

YIELD:
4 servings

INGREDIENTS

- ½ cup raw cashews, soaked in water overnight then drained
- 1 ½ cups water
- 1 tbsp olive oil
- 3 garlic cloves, minced
- 2 sprigs of fresh sage
- ¼ cup pumpkin puree
- ½ tsp salt
- ½ tsp pepper
- ⅛ tsp freshly grated nutmeg
- 4 servings pasta of choice

INSTRUCTIONS

1. Blend the cashews and water in a high-speed blender until smooth & creamy. Set aside.
2. Heat the olive oil in a pan on medium-high heat, then add the garlic and sage and let cook for 1 minute.
3. Reduce heat to medium and add the pumpkin puree and cashew cream mixing until incorporated.
4. Add the salt, pepper, nutmeg and let the sauce cook down for 2 minutes. Remove the sage from the pan.
5. Add your cooked pasta to the pan and toss together.



Jess (ChoosingChia) —

Jess is a writer, photographer, and recipe developer at choosingchia.com. Jess is dedicated to creating delicious, healthy vegetarian recipes that promote wellness. She aims to show her followers how easy it can be to cook healthy and delicious home-cooked meals.

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