

## **Pumpkin Alfredo Sauce**

(Paleo, Vegan, Gluten Free)

### **Shopping List:**

- 1 package of Miracle Noodles (or Zoodles/zucchini noodles)
- 3/4 of a 13.5oz can organic pumpkin puree
- 3/4 of a 13.5oz can organic coconut milk
- 2 tbsp coconut oil
- 5 garlic cloves - minced
- 1/2 cup nutritional yeast
- 1/2 tsp sea salt (or more to taste)

### **Instructions:**

1. Heat 2 tbsp coconut oil in a saucepan over medium heat. Add the minced garlic and sauté until soft ~ about 3 minutes.
2. Add in the pumpkin and coconut milk. (I used 3/4 of the can at room temperature.) Simmer until slightly thickened, about 5 minutes.
3. Add the nutritional yeast and salt; and whisk to combine. Let it simmer a few more minutes.
4. While the sauce is simmering, rinse the Miracle Noodles in a colander and sauté per the package instructions.
5. Serve and enjoy!