

Pumpkin Alfredo Sauce

Craving something warm and creamy for dinner tonight? A delicious plant-based dish is the perfect cold weather comfort food.

This recipe uses whole food, nutrient-dense ingredients that are loaded with fibre, protein and anti-inflammatory fats. Add in **CanPrev's Myco10 Immunomodulating Mushroom Complex**, and you have a recipe that supports your immune health and microbiome while feeding your soul. Talk about the best of both worlds!



Prep + cook time: 40 mins | Servings: 4



Ingredients

- ¼ cup raw sunflower seeds plus 1 cup boiling water
- 2 tbsp coconut or avocado oil
- 1 yellow onion, chopped
- 2 tsp sea salt
- 2 large cloves of garlic, minced
- 2 cups pumpkin purée
- ¼ cup + 2 tbsp nutritional yeast
- ½ tsp black pepper
- 1 tsp smoked paprika
- 1 tsp dried basil
- 2 cups macadamia nut milk (use soy milk for nut-free option)
- ½ cup water
- 2 tbsp MCT oil
- 2 scoops Myco10 powder

Method

1. Place sunflower seeds in a bowl and add boiling water to cover. Soak for 30 minutes.
2. In a sauce pan, add oil, onion and salt and sauté over medium heat for 3-4 minutes until softened.
3. Add the garlic and sauté for 2 more minutes.
4. Add pumpkin purée, nutritional yeast, Myco10 powder, pepper, smoked paprika, basil, water and plant-based milk. Mix well, and remove from heat.
5. Drain sunflower seeds and stir in, along with the MCT Oil.
6. Transfer the mixture to your high speed blender and blend until thick and creamy.
7. Top this on your favourite pasta.

Store in the fridge up to 5 days or freeze up to 3 months.

To reheat: Warm slowly on medium-low heat, whisking constantly. Add water as needed.

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Tanya is a Registered Holistic Nutritionist and Recipe Creator who is passionate about empowering others to use food as medicine. She makes the power of food easy, accessible and fun.

