

# White Bean Alfredo Sauce

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 2 cups

Ingredients	Quantity	Measure
White Beans (Great Northern or Cannellini Beans), drained and rinsed	1 ½	cups
Garlic, fresh, minced	1	Tbsp.
Non-dairy milk, unsweetened	1	cup
Salt	1	tsp.
Black pepper	1	tsp.
Lemon juice	1	tsp.
Nutritional yeast	2	tsp.
Olive oil	2	Tbsp.

## Preparation

1. In a pitcher of a high-speed blender, place all the ingredients inside. Blend at high speed until smooth, velvety, and hot (3-4 minutes). See notes if sauce is too thick to blend.
2. Remove from the blender, and if using for pasta or another dish – use immediately. The sauce can be cooled down and re-heated.

## Serving Information/Notes

The base of the sauce is beans and not dairy. Please follow proper cooling and reheating procedures for this sauce. If becomes too thick, use water or non-dairy milk to thin.

## Nutrition Information \*From USDA Nutrient Database

Calories: 788 Total Fat: 32g Saturated Fat: 4g Monounsaturated Fat: 19.6g Polyunsaturated Fat: 3.4g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 92g Fiber: 21.8g Total Sugars: 1.4g Protein: 32.7g Sodium: 2529mg Vitamin A: 514µg Vitamin C: 4.6mg Calcium: 616mg Iron: 13.2mg Folate: 257µg



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