

FETTUCCINI ALFREDO

FETTUCCINI:

- 2 zucchinis
- 2 summer squash

ALFREDO SAUCE:

- 1 cup cashews
- 1 cup macadamia nuts
- 1 cup pine nuts
- 3 Tbsp lemon juice
- 2 cloves garlic
- 2 tsp wheat free tamari sauce
- 2 Tbsp water
- Unrefined sea salt to taste if needed



DIRECTIONS FOR FETTUCCINI NOODLES:

With a vegetable peeler, peel zucchini and summer squash into long thick strips.

These will be your **Fettu i i Noodles** . **et aside i a large owl.**

DIRECTIONS FOR ALFREDO SAUCE:

Place the Alfredo Sauce ingredients in a food processor and blend until smooth and creamy. Remove **from food processor and place in bowl with noodles** .

TO ASSEMBLE:

Blend the Alfredo Sauce through the noodles. This will take a few minutes as the sauce will be thick.