

ALFREDO SAUCE

¾ Cup Cashews

1 ¾ Cup Water

1 Tablespoon Unbleached White Flour

1 Tablespoon Chicken-Like Seasoning (Recipe on site)

½ Teaspoon Sea Salt

½ Teaspoon Oregano

1 Teaspoon Dried Parsley

Optional:

I like to add 1-2 Shallots (optional)
and Fresh Garlic (optional)

1. Place all ingredients except parsley in a blender. Blend until smooth and creamy. Pour into a non-stick saucepan
2. Stir in dried Parsley
3. Simmer over medium heat until sauce thickens
4. Toss with fettuccine noodles. Serve immediately.