

Quinoa Flakes Alfredo Sauce by florafoodie.com



serves 2

1 pound pasta of choice

2/3 C quinoa flakes

1 1/3 C water

1/2 wedge Daiya Jack-style cheese

6 T nutritional yeast

Lots of crushed black pepper

1 tsp salt

Pinch garlic powder

Boil water and cook your pasta.

While it's cooking, combine quinoa flakes and water in a pot. Heat until almost boiling. Then add the rest of the ingredients plus the quinoa flakes/water mixture into a blender and combine. Add a spoonful of the starchy water that your pasta's cooking in (like a big ladleful - it's a great trick for sauces!).