

## Alfredo Tofu Pasta Sauce

Put in blender or food processor:

- 1 10.5 oz package soft tofu  
(may add 1 c cashews + 1 c water)
- 1/2 cup unsweetened soymilk, milk or water
- 1-2 garlic clove (*depends on how much you like garlic*)
- 1 teaspoon salt
- 1 teaspoon onion powder
- 1 teaspoon basil
- 1 tablespoon dried parsley
- 3 tablespoons tofu Parmesan cheese and/or nutritional yeast
- 1 tablespoons olive oil

Blend until creamy. May pour over hot pasta.

If serving later, heat sauce.

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