

ALFREDO SAUCE



INGREDIENTS:

- 1 cup 2% milk, soy milk, or pea milk
- 1/3 cup reduced fat cream cheese
- 1/2 tsp garlic powder
- 1/4 tsp salt
- 1/2 tbsp Italian seasoning
- 1/3 reduced fat Parmesan cheese

DIRECTIONS:

1. Add milk, cream cheese, garlic powder, salt, and Italian seasoning to a small sauce pan
2. Cook on medium heat, mixing until cream cheese melts and mixture is well combined
3. Continue to cook until mixture thickens, ~7 minutes
4. Add Parmesan cheese, mix until well combined

Enjoy!

Makes 3 Servings | Serving Size = 1/2 cup
Calories: 110 | Protein: 7 g | Carb: 2 g | Fat: 8 g