

Recipe Name Creamy Pumpkin Pasta – serves 4

Ingredients:

- 1 can organic pumpkin (canned or fresh roasted, not sweetened)
- 1 cup raw cashews, soaked
- 2 Tbsp. nutritional yeast
- 1-2 garlic cloves
- ½ tsp. cinnamon
- ¼ tsp. nutmeg
- ½ tsp. kosher salt
- Pepper to taste
- A pinch of cayenne (optional)
- 1 cup organic vegetable stock
- 2 Tbsp. sage, finely chopped
- ¼ cup Toasted hazelnuts, chopped for garnish
- Vegan Parmesan

Directions:

1. Soak cashews in filtered water for 2 hours to overnight. Rinse and add to blender.
2. Toast hazelnuts in a dry pan over medium heat until beginning to turn golden. Remove from pan to cool. Chop.
3. Add pumpkin, nutritional yeast, garlic, dry seasoning, 1 tbsp. fresh chopped sage and stock to blender. Cayenne is optional.
4. Start blending at low speed until all chunks are broken up, then increase speed and puree until creamy, adding more stock one tablespoon at a time if needed to get to the desired consistency.
5. Taste. Add salt, pepper, nutmeg, and cayenne to taste.
6. In the meantime, prepare your favorite pasta, be it wheat, bean, or veggie. Toss hot pasta with sauce, thinning with pasta water if needed. Top with fresh sage and toasted hazelnuts.



RECIPE

Nutrition Facts

Servings: 4

Amount per serving

Calories **496**

% Daily Value*

Total Fat 21g 27%

Saturated Fat 3.8g 19%

Cholesterol 52mg 17%

Sodium 169mg 7%

Total Carbohydrate 63.7g 23%

Dietary Fiber 6.3g 22%

Total Sugars 6g

Protein 18.1g

Vitamin D 0mcg 0%

Calcium 82mg 6%

Iron 7mg 41%

Potassium 725mg 15%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. [2,000 calorie a day](#) is used for general nutrition advice.

Recipe analyzed by **verywell**