



Garlic Vegan Alfredo

Serves:	Prep Time:	Cooking Time:	Calories:	Skill Level:
3-4 People	10 MIN	15 MIN		10

Garlic vegan alfredo is a creamy and delicious dairy-free pasta dish made with garlic and plant-based ingredients. It delivers the rich, smooth texture of classic alfredo without using cream or cheese. This easy recipe is perfect for vegan and dairy-free diets while still being satisfying and full of flavor. It's ideal for quick dinners and pairs well with your favorite pasta.

Ingredients

- 8 oz pasta
- 4 garlic cloves
- 1 cup cashews (soaked) or plant milk
- 1 tablespoon olive oil
- 1 tablespoon nutritional yeast (*optional*)
- Salt and pepper to taste
- Optional: lemon juice

Recipe Summary

- Prep Time: 10 minutes
- Cook Time: 15 minutes
- Total Time: 25 minutes
- Servings: 3-4
- Course: Main Dish
- Cuisine: Italian-inspired

Cooking Method

Instructions

1. Cook pasta according to package instructions and drain.
2. In a blender, combine soaked cashews, garlic, olive oil, and a little water or plant milk.
3. Blend until smooth and creamy.
4. Heat the sauce in a pan over medium heat.
5. Add nutritional yeast, salt, and pepper.
6. Stir until warmed through.
7. Add cooked pasta and toss well to coat.
8. Add lemon juice if desired and serve warm.

Cooking Tips

- Soak cashews for a smoother sauce
- Blend thoroughly for creamy texture
- Add water gradually to control thickness

Variations

- Add mushrooms or spinach
- Add chili flakes for spice
- Use roasted garlic for deeper flavor
- Add vegan parmesan

What to Serve with Garlic Vegan Alfredo

- Salad
- Roasted vegetables
- Garlic bread
- Grilled tofu

Storage

Store in an airtight container in the refrigerator for up to **3 days**.

Reheating

Reheat gently with a splash of plant milk.

Frequently Asked Questions

What replaces cream in vegan alfredo?

Cashews or plant-based milk.

Can I make it nut-free?

Yes, use oat or soy milk instead.

Is it as creamy as regular alfredo?

Yes, when blended properly.

Recipe Author

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