

Eat Your Heart Out Edibles ♥

Personal Chef Service and Made-to-Order Bakery

"Eat Hearty Without the Headache!"



Chef Angela's Pumpkin Alfredo Sauce

INGREDIENTS:

1/2 cup butter
3 cloves minced garlic
8 oz package cream cheese
1 cup pumpkin puree
1 1/2 cups half and half or light cream
1/2 cup parmesan cheese
1 TBS garlic powder
1/4 tsp nutmeg
1/4 tsp dried sage
Few pinches of pumpkin pie spice
Salt & pepper to taste



DIRECTIONS:

- ♥ In a medium saucepan, melt butter.
- ♥ Once butter is melted, add minced garlic, cook for 30 seconds or so then add cream cheese and pumpkin puree. (It is easiest to cut cream cheese up into 4 pieces so that it melts easier.)
- ♥ Once butter/cream cheese/pumpkin are mixed well together, add half and half/light cream, parmesan cheese, garlic powder, and spices. Stir together until well combined.
- ♥ DONE! Pour over pasta of choice and enjoy!!! (Feel free to add in your choice of protein – e.g., shrimp (pictured).

Compliments of Eat Your Heart Out Edibles

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