Creamy Vegan Alfredo Spaghetti Squash

Spaghetti squash tossed in a rich, creamy vegan Alfredo sauce, perfect for a low-carb, high-protein meal that supports weight loss and muscle maintenance.

Servings: 2 **Time:** 55 minutes

Ingredients

- 1 medium spaghetti squash (about 3 lbs)
- 1 tablespoon olive oil
- 2 cloves garlic, minced
- 1 cup raw cashews, soaked in hot water for 30 minutes
- 1 cup unsweetened almond milk
- 2 tablespoons nutritional yeast
- 1 tablespoon lemon juice
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon salt
- ¼ teaspoon black pepper
- Fresh parsley for garnish (optional)

Instructions

1. Preheat oven to 400°F.
2. Cut the spaghetti squash in half lengthwise and scoop out seeds.
3. Brush the inside with olive oil and place cut side down on a baking sheet.
4. Roast for 40 minutes or until the squash is tender and strands easily separate with a fork.
5. While the squash roasts, drain the soaked cashews and add to a blender with almond milk, nutritional yeast, lemon juice, garlic powder, onion powder, salt, pepper, and minced garlic.
6. Blend until smooth and creamy, adding more almond milk if needed to reach desired consistency.
7. Once the squash is done, use a fork to shred the flesh into spaghetti-like strands.
8. Toss the spaghetti squash strands with the vegan Alfredo sauce until evenly coated.
9. Serve warm, garnished with fresh parsley if desired.

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