

# Recipe Corner: Creamy Pumpkin Pasta Sauce

Prep Time: 8h | Total Time: 8.5h

## INGREDIENTS

- 3/4 cup pumpkin purée
- 1 cup raw cashews, soaked in water at least 6 to 8 hours and drained
- 1 cup low sodium vegetable broth
- 1 teaspoon ground ginger
- 1 teaspoon cayenne pepper or paprika
- 2 teaspoons Italian seasoning
- 1 teaspoon brown sugar
- 1 teaspoon apple cider vinegar
- Salt and pepper to taste



## DIRECTIONS

- Blend all ingredients in a blender or Vitamix for a smooth creamy sauce.
- Add to cooked whole grain pasta.
- For a variation, add half of a roasted red bell pepper or 1/4 cup chopped sun dried tomatoes packed in oil.

[via [Cary Magazine](#)]