



KETO ALFREDO SAUCE

INGREDIENTS

- 2 tablespoons of Butter
- 2 cloves of Garlic, crushed
- 1 cup of Heavy Cream
(Dairy-free)
- ½ cup of Mozzarella
Cheese, shredded
- ½ teaspoon of White
Pepper, grounded

SERVINGS: 2

PREP TIME: 2 MINS

COOK TIME: 15 MINS

DIRECTIONS

- Take a medium-sized saucepan and place it over medium heat.
- Now, add butter and garlic and saute for 2 minutes, until fragrant.
- Add the heavy cream now, along with the grated Mozzarella cheese, and bring to a slow simmer.
- Do not boil the sauce as it will split.
- Simmer for 10 minutes and add the grounded pepper and nutmeg.