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## Lisa's Amazing Alfredo (S)

*This recipe comes from Lisa Lee who is a certified Trim Healthy Coach. Lisa was a featured coach in the "Back to Busy Season" edition of the Trim Healthy Living EZine. She says: "As written this recipe is a very indulgent, very satisfying Heavy S. It is a great recipe to try when you first start the plan and whenever you feel like you really want to bless yourself with a very creamy meal. It is also a crowd pleaser for men and growing children as they burn fuel faster than most of us women do. As you mature in the Trim Healthy Mama plan, you may want to try the Lighten It Up option at the end so you do not overdo the Heavy S part of the THM plan."*

Serving Size: Family-serve; Approximately 4 to 6 servings

### INGREDIENTS:

- 1/2 cup butter
- 2 garlic minced
- 2 cups heavy cream
- 1/2 cup shredded or freshly grated Parmesan cheese
- 3/4 cup shredded or grated mozzarella

### INSTRUCTIONS:

1. Melt butter over low/medium heat.
2. Add garlic and cream, bring to a simmer, stir often.
3. Add Parmesan cheese and simmer 8 minutes until thick and smooth.
4. Add mozzarella - stir frequently until smooth.
5. Enjoy over chicken, zucchini noodles, or even broccoli! Over anything really!

### LIGHTEN IT UP OPTION:

Replace 1 & 1/2 cups of the heavy cream for unsweetened almond or cashew milk. This may result in a thinner sauce so add a little Glucomannan (or xanthan gum). You will want to use about 1/2 - 3/4 teaspoon - a little at a time, sprinkling it in while whisking well. It will thicken up nicely.