COCONUT MILK ALFREDO

**Ingredients:**

* 1 cup full fat coconut cream from the can
* 1 medium pasture raised egg
* 1 tsp sea salt
* 1 tsp garlic powder
* 1/2 tsp thyme
* fresh ground pepper to taste

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**Directions:**

1. In a small sauce pan whisk together all ingredients over a medium heat.
2. Continue whisking the sauce while it cooks for about 5-8 minutes until it thickens.
3. Serve over grain free pasta or zucchini noodles.
4. I also like to add grilled chicken and steamed veggies to this dish.