

Plant-Based Pasta Salad

Serves 12

Ingredients

CREAMY SAUCE

- 4 tbsp **soft Coconut Oil**
- 1 cup **Coconut Yogurt** (any kind you have)
- 2 tbsp **Mustard**
- 2 tbsp **Honey**
- 2 tbsp **Vinegar (Apple or Red Wine)**
- 2 tbsp **Pickle Juice**
- Seasonings: **Smoked Paprika, Garlic Powder, Onion Powder, Cayenne, Celery Seed, Sea Salt, Pepper**

VEGGIES

- 1 cup **Peas** (leave frozen)
- 1 cup **Corn** (leave frozen)
- 1 cup **diced Cauliflower**
- 1 **diced Bell Pepper**
- 1-2 **grated Carrots**
- 1-2 **dice Celery Ribs**
- 1 - 4 **Pickles** (depending on the size)

NOODLES

- 1 box **Gluten-Free Pasta**

Instructions

CREAMY SAUCE

1. Add **Coconut Oil, Coconut Yogurt, Mustard, Honey, Vinegar, Pickle Juice and Seasonings of choice** into a food processor and blend or use a hand mixer.
2. Scoop **Creamy Sauce** into a bowl and put in the fridge to set until ready to serve.

VEGGIES

1. Dice **Cauliflower, Bell Pepper, Carrots, Celery Ribs and Pickles** and add them to a large bowl.

NOODLES

1. Cook **Gluten-Free Noodles** based on the box instructions.
2. Drain **Noodles** and add frozen **Peas and Corn** mix together to cool noodles and defrost peas and corn.
3. Poor extra **cool water** over noodles if you need to get closer to room temp. Add noodles in the fridge to cool if you feel like waiting..

SERVING

1. Add **Diced Veggies** in with the **Noodles**, pour **Creamy Sauce** over the top and stir.

SERVE & ENJOY! 😊

Recipe made for *Feel Better Eating* with love from *Feel Better Living*

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