



## Easy Alfredo Sauce

### Ingredients

6 tbsp butter

3 cloves garlic, minced

1 ½ cups 1% milk

2-3 tbsp flour

2/3 cup parmesan cheese

Salt and pepper

### Directions

1. Place a medium saucepan over medium heat. Add the butter to the pan and melt.
2. Stir in the garlic and then add the milk. Stir to combine with the butter and garlic.
3. Sprinkle the flour over the milk and whisk in to combine.
4. Whisk in the parmesan cheese until the sauce is smooth. Continue whisking until the sauce is thick and creamy. Turn off the heat and stir in salt and pepper to taste.
5. Serve over your favourite cooked pasta.