



The
PlantBased
PRINCESS
Treating your body like royalty

Mac N' "Cheese"

Prep Time: 20 minutes | Total Time: 1 hour | Cost \$\$

Ingredients

16oz elbow macaroni
3 tbsp vegan butter
2 tsp seasoned salt, plus salt to taste
1 tsp granulated garlic
1 tsp granulated onion
1/4 tsp cayenne pepper
1/4 tsp sweet paprika
1 cup nut or soy milk
1 large yukon gold potato, peeled and diced
1 large carrot, peeled and diced
3/4 cup hot water (from boiled vegetables)
1/2 cup raw cashews
2 tbsp plus one teaspoon nutritional yeast
1 tbsp fresh lemon juice
1-8oz package of vegan cheddar cheese *optional

Tools: High Speed Blender

Skill level: Intermediate

Notes: To reheat, add a bit more milk to create creamy texture.

Directions

1. In a large pot bring 4 quarts of water to a rolling boil, add macaroni and cook for 8 to 10 minutes. use a strainer basket or slotted spoon to remove pasta from boiling water
2. While macaroni is still hot, transfer to a glass baking dish, and add vegan butter, seasoned salt, granulated garlic, cayenne pepper, and paprika and stir until macaroni is coated with butter and seasonings
3. Add potatoes and carrots to boiling water used to cook pasta and cook until tender. Strain veggies and reserve 3/4 cup of the remaining liquid
4. In a blender, add cashews, veggie mixture, reserved water, nut milk, lemon juice and sautéed onions and blend until smooth
5. Pour sauce over noodles and stir vegan cheddar until combined, cover and bake for 15 minutes at 350°. Serve immediately.