



VEGAN MAC & CHEESE

you won't believe your buds!

I've made vegan mac & cheese recipes before, and while delicious, most are still high in fat because they use cashews as a base. This recipe is a truly LOW FAT vegan mac & cheese, and I swear, if you didn't tell me there wasn't cheese in it, I'd never know!



INGREDIENTS

12 oz (340g) elbow pasta of choice
(gluten free, whole wheat, etc)
1 ½ cups (350mL) cashew/almond milk
1 15 oz can (425g) pumpkin pureé
½ cup (60g) nutritional yeast
1 Tbsp Dijon mustard (to taste)
1 Tbsp lemon juice
1 clove garlic
½ tsp garlic powder
½ tsp onion powder
¾ tsp salt
¼ tsp pepper

PROCEDURE

- Cook pasta according to package directions and set aside.
- Combine the remaining ingredients in a blender or food processor, blending until smooth and creamy.
- Transfer the mixture to a large saucepan and heat over medium–medium high, bringing to a light boil (just enough to warm it as desired!)
- Remove from heat and add the pasta to the sauce, stirring lightly to coat.
- Devour!

NUTRITION per 1 cup serving (yields 6):
250 calories | 48g carbs | 2g fat | 10g protein



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