

Vegan Macaroni & "Cheese"

serves 8 and is ready about 20 minutes after bringing water to a boil

This recipe has no added fat and is still creamy and delicious!

Ingredients:

1 - 16 oz box of pasta (elbows or shells or whatever you like)
1 cup water
1 cup non-sweetened veggie milk (I use coconut)
1/2 cup nutritional yeast
3 T. potato starch (corn starch works fine as well)
2 t. light or mellow white miso
1/2 T. lemon juice
1 t. salt
1/2 t. garlic powder
1 t. onion powder
3/4 t. dry mustard
1/4 t. smoked paprika
1/8 t. turmeric

Directions:

Boil pasta according to package directions for an al dente texture. As pasta is cooking, add all remaining ingredients into a blender and mix on medium speed until combined. When al dente, drain pasta and add back into the cooking pot. Pour the sauce mixture over the pasta and cook over medium-high heat until thickened.

