

# Creamy Vegan Mac & Cheese

## (Cashew-Free, Dairy-Free)

A wholesome, plant-based mac & cheese that's creamy, satisfying, and packed with nourishing ingredients!

**Ingredients (Makes 2-3 cups of sauce, enough for 8-12 oz pasta)**

### For the Cheese Sauce:

- 1 medium **golden potato**, peeled and chopped
- 1 medium **carrot**, peeled and chopped
- ½ cup **cooked white beans** (cannellini or great northern) or ¼ cup **sunflower seeds** (soaked for 10 minutes)
- ¼ cup **nutritional yeast**
- ½ cup **unsweetened plant milk** (almond, oat, or soy)
- 1 tablespoon **lemon juice**
- 1 teaspoon **apple cider vinegar**
- 1 teaspoon **garlic powder**
- 1 teaspoon **onion powder**
- ½ teaspoon **smoked paprika**
- 1 teaspoon **Dijon mustard**
- ½ teaspoon **turmeric** (optional, for color)
- 1-1 ½ teaspoons **salt**, to taste
- ½ teaspoon **black pepper**
- 1-2 tablespoons **olive oil** (or vegan butter for richness)

### For the Pasta:

- 8-12 oz gluten-free pasta (or any pasta of choice)

### Instructions

1. **Cook the Vegetables:** Boil potatoes and carrots for 12-15 minutes until soft.
2. **Blend the Cheese Sauce:** Drain the veggies, reserving 1 cup of cooking water. Blend all sauce ingredients until smooth, adding cooking water as needed.
3. **Cook the Pasta:** Boil pasta according to package instructions. Drain and return to the pot.

4. **Combine:** Pour as much sauce as desired over the pasta and stir well. Heat on low if needed to thicken.
5. **Serve & Enjoy!** Garnish with extra nutritional yeast, red pepper flakes, fresh herbs, or toasted breadcrumbs.

### Pro Tips & Variations

- **Extra Creamy?** Add 1–2 tbsp tahini or extra olive oil.
- **More Heat?** Increase cayenne or add red pepper flakes.
- **Sweet Twist?** Swap one potato for a small sweet potato.
- **Baked Version?** Sprinkle with breadcrumbs and bake at 375°F for 10–15 minutes.

This **plant-powered mac & cheese** is creamy, nourishing, and packed with the benefits of **cayenne's warmth and healing properties!** Enjoy!

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### Large Batch -Makes 4–5 cups of sauce, enough for 16–18 oz pasta

#### For the Cheese Sauce:

- 2 medium golden potatoes, peeled and chopped
- 2 medium carrots, peeled and chopped
- 1 (15-oz) can cannellini beans, drained and rinsed
- ½ cup nutritional yeast
- 1 cup unsweetened plant milk (almond, oat, soy, or water if needed)
- 1 tbsp lemon juice
- 1 tsp apple cider vinegar
- 1 tsp garlic powder
- 1 tsp onion powder
- ½ tsp smoked paprika
- ½ to 1 tsp Dijon mustard (adjust for taste)
- ½ tsp turmeric (optional, for color)
- ½ tsp cayenne pepper (adjust to taste)
- 2 tsp salt (or to taste)
- ½ tsp black pepper
- 3 tbsp olive oil (or vegan butter)
- 1 cup reserved veggie cooking water (adjust as needed for creaminess)

#### For the Pasta:

- 16–18 oz gluten-free pasta (or any pasta of choice)