MAC AND CHEEZE

BY TRIMAZING

INGREDIENTS

**Cheeze Sauce**
1 cup raw cashews or old-fashioned oats for lower fat version
2 cups vegetable stock
1 cup water
6 Tablespoons cornstarch
½ cup nutritional yeast
2 Tablespoons lemon juice
2 teaspoon salt
4 oz tomato paste
2 cloves garlic

**Seasoned Bread Crumbs**
2 cups whole wheat bread crumbs use gluten-free or omit if gluten-sensitive
2 tbsp nutritional yeast
1 tsp smoked paprika
½ tsp garlic powder or granules
½ tsp sea salt

**Pasta**
4 cups dry whole grain macaroni pasta or other shape, use gluten-free if sensitive

DIRECTIONS:

Make Cheeze Sauce

- **If you have a high speed blender (Vitamix or other):** Add all of the sauce ingredients into the blender and bring to high speed until smooth. Keep the blender running on high until the sauce gets steamy and thick, about 5 minutes. You’ll see the consistency change and hear the sound of the blender change when the sauce thickens.

- **If you do not have a high speed blender:** Soak the cashews in warm water about an hour, then drain. Add all of the sauce ingredients into a blender (including new water from the ingredients list) and bring to high speed until smooth and creamy. Pour this into a saucepan and bring to a boil and simmer until thick. Or just use old-fashioned oats.

Make Seasoned Bread Crumbs

- Combine the seasoned bread crumb ingredients into a small bowl and set aside.

Cook Pasta and Toss with Cheeze Sauce

- Mix cooked pasta and cheeze sauce in a large bowl. Toss well until well-coated and then transfer to a casserole dish or baking pan.

Top with Seasoned Crumbs and Bake

- Bake at 350°F, uncovered, in your preheated 350°F oven for 20 minutes.
- Remove from oven. Let cool for 10 minutes. Spoon into bowls. Devour.