



Vegan Non-Dairy Mac & Cheese

Ingredients

1. 1 Cup water
2. 1/2 cup soaked raw cashews
3. 1/2 cup rolled oats
4. 1/2 medium head cauliflower, steamed until soft
5. 3 tbs hummus
6. 1/4 cup nutritional yeast
7. 1/4 tsp smoked paprika
8. 1 tsp sea salt
9. 1/2 tsp white pepper (or black)
10. 2 tsp garlic powder
11. 1 tbs white miso paste
12. 2 tbs tahini
13. 2 tbs lemon juice
14. 1 cup unflavored mild

Serves: 2-4

Instructions

1. Blend until smooth, 3-4 minutes
2. Mix with desired amount of elbow macaroni or similar for mac and cheese

Prep Time: 4 minutes