



**Vegan Macaroni and Cheese**

**6 SERVINGS**

Nutrition Facts per Serving:

Calories: 189 Protein (g): 4

Fat (g): 12 Carbohydrate (g): 28

# Ingredients:

1 clove garlic  
1 tsp. turmeric  
1/2 tsp. salt

1 tbsp. olive oil  
1/4 cup nutritional yeast  
1 cup cashews, soaked for 2 hours and drained  
1/4 cup water  
1 8-oz. pkg. whole wheat pasta, cooked and drained

**Instructions:**

1. Fill a large pot 2/3 of the way with water. Add a small amount of salt to water if desired. For a large pot of water, 1 or 2 teaspoons of salt should be sufficient. Wait for the water to boil. Add pasta to the water and stir with a long spoon.
2. When pasta has been boiling for about 8-10 minutes (check the package for suggested cooking time), take a piece of the pasta out and allow it to cool. Turn off the stove and empty the entire pot of pasta into a strainer. Shake out the excess water and then pour the pasta back into the pot. Add a tablespoon of olive oil and toss.
3. Place the garlic, turmeric, salt, nutritional yeast, cashews, and water in a blender. Blend until completely smooth.
4. Pour over the pasta and stir.
5. Heat pasta with sauce on medium heat before serving.