

# Vegan Mac and Cheese

*Vegan, Gluten Free if Desired*

## INGREDIENTS

- ❑ 1 pound whole wheat or gluten free macaroni shaped pasta
- ❑ 2 ½ cups fresh cauliflower
- ❑ ⅔ cup chopped sweet potatoes
- ❑ ¾ cups plus 1 teaspoon unsweetened almond milk
- ❑ 2 ½ teaspoons salt
- ❑ 1 ¼ teaspoons garlic powder
- ❑ 2 ½ tablespoons nutritional yeast
- ❑ Optional: 2 tablespoons whole-wheat bread crumbs

## INSTRUCTIONS

1. Preheat oven to 425 F
2. Cook pasta according to package direction, strain and set aside
3. Steam or microwave cauliflower and sweet potato until tender
4. In blender, food processor, or with immersion blender, purée cauliflower, sweet potato, almond milk, salt, garlic powder, and nutritional yeast until smooth, and stir sauce into pasta.
5. Place in baking dish, top with bread crumbs and bake uncovered for 15 minutes. Enjoy piping hot.

