

# Vegan Mac and Cheese

---

BY NUTRITION TEAM



---

## INGREDIENTS:

✓ Available for purchase in the PureFormulas Store

- 10 oz cooked gluten free pasta
- 3 TBSP Sunflower Oil ✓
- 2.5 TBSP Brown Rice Flour ✓
- 2 cups Almond Milk
- 1 TBSP Tahini ✓
- 3 TBSP Nutritional Yeast ✓
- 1.5 tsp Lemon Juice
- Dash of Sea Salt ✓
- Dash of Black Pepper ✓
- Dash of Garlic Powder ✓
- Dash of Onion Powder
- 1 tsp Turmeric ✓
- Handful of Parsley
- 10-15 Cherry Tomatoes

---

## DIRECTIONS:

1. In a sauce pan, add the sunflower oil, and slowly add the brown rice flour while mixing. Once the flour has been added, stir in the almond milk, and keep stirring.
2. Allow the mixture to come to a boil, and then reduce the heat.
3. At this time, add the tahini, nutritional yeast, lemon juice, Himalayan sea salt, black pepper, garlic powder, onion, and turmeric.
4. Stir all ingredients together, and then remove from heat.
5. Preheat the oven to 325 F.
6. In a baking pan, add the cooked gluten free pasta, as well as the cheesy sauce.
7. Add some cherry tomatoes, cut or whole to the top of the casserole.
8. Bake for about 20 minutes.
9. Let cool and add garnish with parsley.

Enjoy!