

# VEGAN MAC & CHEESE

\*WHEN POSSIBLE, USE ORGANIC OR LOCAL PRODUCTS

## NUTS:

- 1/2 CUP RAW CASHEWS-SOAKED 4 HRS

## VEGGIES

- 3 MEDIUM RED POTATOES; CUT INTO 2 INCH CHUNKS WITH SKINS ON
- 1/3 RED PEPPER; CUT INTO CHUNKS
- 6 BABY CARROTS
- 1/3 MILD ORGANIC ONION CUT INTO 2 INCH PEICES

## FLAVOR/SPICES

- 1 TSP LEMON JUICE
- 1/2 TSP MUSTARD SEED POWDER
- 1/2 TSP PAPRIKA
- 1 1/2 TSP PINK SALT (ADD MORE TO TASTE)

## PASTA

- PASTA OF CHOICE

**STEP 1** COVER CASHEWS WITH FILTERED WATER & SOAK 4 HOURS. DRAIN, RINSE, & DISCARD WATER.

**STEP 2** STEAM (OR BOIL) VEGGIES UNTIL POTATOES ARE SOFT & CAN BE PIERCED WITH A FORK.

\*IF BOILING YOUR VEGGIES, RETAIN THE WATER (BECAUSE IT HAS ALL THOSE GLORIOUS NUTRIENTS THAT JUST COOKED OUT OF THE VEGGIES) AND USE IT LATER IN THIS RECIPE WHERE IT CALLS FOR WATER).

**STEP 3** COOL VEGGIES THEN PLACE (A LITTLE AT A TIME) IN HIGH POWER BLENDER & GIVE A WHIRL UNTIL SMOOTH.

**STEP 4** ADD RINSED CASHEWS & FLAVORS/SPICES TO BLENDER—GIVE A WHIRL TIL SMOOTH

**STEP 5** ADD FILTERED WATER (OR RESERVED WATER IF YOU BOILED YOUR VEGGIES) TO THIN THE SAUCE TO DESIRED CONSISTENCY. THIS SAUCE HAS A TENDENCY TO THICKEN QUICKLY AS IT SITS—JUST CONTINUE TO LIVEN IT UP WITH A LITTLE WATER OR NUT MILK OF CHOICE.

**STEP 6** POUR OVER YOUR FAVORITE PASTA.

*enjoy!*



**TIP:** FOR ADDITIONAL NUTRITION, CONSIDER ADDING IN SOME VEGGIES (BROCCOLI, KALE, TOMATOES, ETC.).



**MW**  
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