



# MAC AND CHEEZE

BY TRIMAZING



## INGREDIENTS

### Cheeze Sauce

1 cup raw cashews or old-fashioned oats for lower fat version  
2 cups vegetable stock  
1 cup water  
6 Tablespoons cornstarch  
½ cup nutritional yeast  
2 Tablespoons lemon juice  
2 teaspoon salt  
4 oz tomato paste  
2 cloves garlic

### Seasoned Bread Crumbs

2 cups whole wheat bread crumbs use gluten-free or omit if gluten-sensitive  
2 tbsp nutritional yeast  
1 tsp smoked paprika  
½ tsp garlic powder or granules  
½ tsp sea salt

### Pasta

4 cups dry whole grain macaroni pasta or other shape, use gluten-free if sensitive

## DIRECTIONS:

### Make Cheeze Sauce

- If you have a high speed blender (Vitamix or other): Add all of the sauce ingredients into the blender and bring to high speed until smooth. Keep the blender running on high until the sauce gets steamy and thick, about 5 minutes. You'll see the consistency change and hear the sound of the blender change when the sauce thickens.
- If you do not have a high speed blender: Soak the cashews in warm water about an hour, then drain. Add all of the sauce ingredients into a blender (including new water from the ingredients list) and bring to high speed until smooth and creamy. Pour this into a saucepan and bring to a boil and simmer until thick. Or just use old-fashioned oats.

### Make Seasoned Bread Crumbs

- Combine the seasoned bread crumb ingredients into a small bowl and set aside.

### Cook Pasta and Toss with Cheeze Sauce

- Mix cooked pasta and cheeze sauce in a large bowl. Toss well until well-coated and then transfer to a casserole dish or baking pan.

### Top with Seasoned Crumbs and Bake

- Bake at 350°F, uncovered, in your preheated 350°F oven for 20 minutes.
- Remove from oven. Let cool for 10 minutes. Spoon into bowls. Devour.