



VEGAN MAC 'N CHEESE

Made from scratch with a plant based creamy "cheese".
Ready in just 30 minutes!

Ingredients:

- 1 pound dried elbow macaroni

For the vegan "cheese":

- 2 cups potatoes peeled and chopped
- 1 cup carrots peeled and chopped
- 1/3 cup extra virgin olive oil
- 1/2 cup unsweetened soy milk
- 1/2 cup nutritional yeast
- 1 tbsp lemon juice
- 1 tsp salt
- 1/2 tsp garlic powder
- 1/2 tsp onion powder

Instructions:

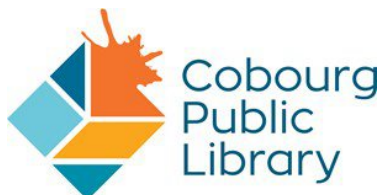
Boil the potatoes and carrots for about 20 minutes or until soft.

When potatoes and carrots are finished, cook the pasta according to package directions; drain and set aside.

Place all the vegan cheese ingredients in a blender with the cooked potatoes and carrots and blend until smooth.

Mix the hot, cooked pasta and the vegan cheese together.

Serve immediately.



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