



Pumpkin Mac n' Cheese - Allon-Z!

4 servings

20 minutes

Ingredients

- 2 cups Brown Rice Macaroni (dry)
- 2 tbsps Extra Virgin Olive Oil
- 3 Garlic (cloves, minced)
- 1 tbsp Arrowroot Powder
- 1 cup Unsweetened Almond Milk
- 1/2 cup Nutritional Yeast
- 1 1/2 tsps Dijon Mustard
- 1/4 tsp Nutmeg
- 1 cup Pureed Pumpkin
- Sea Salt & Black Pepper (to taste)

Directions

- 1 Bring a large pot of water to a boil and cook brown rice macaroni as per the directions on the package. When finished cooking, strain and run under cold water immediately to prevent from overcooking.
- 2 Meanwhile, heat olive oil in a saucepan over medium heat and sauté garlic. Add in the arrowroot and milk. Whisk until all clumps are gone.
- 3 Add the remaining ingredients and whisk until thoroughly combined. Turn down to low heat and cook until the sauce has thickened, about 5-6 minutes.
- 4 Pour the pumpkin sauce over the macaroni and mix well. Divide into bowls and enjoy!

Notes

No Arrowroot Flour: You can use tapioca flour or corn starch.

No Pureed Pumpkin: You can use mashed sweet potato instead.

Spice Lover: Add chili flakes, hot sauce, paprika, cayenne, oregano and/or rosemary.

Even Tastier: Feel free to add sauteed onions (1 onion),

More Protein: Add cooked diced chicken, chickpeas or lentils.

More Vegetables: Add wilted spinach, kale and/or sauteed mushrooms.

Leftovers: Store in an air-tight container in the fridge for up to 5 days.

Avoid disappointment : Don't offer this dish to your kids pretending it's "real" Mac's Cheese. They will be disappointed because it tastes delicious but it doesn't taste like the traditional dish. Let them try it with an open mind :-)