

Recipe: Vegan Mac & “Cheese”

Ingredients

For the pasta:

- 340 g (about 4 cups) macaroni (or any pasta of your choice)

For the sauce:

- 1 ½ cups peeled, diced potatoes
- ½ cup diced carrots
- ¼ cup raw cashews (soaked for at least 15 min in hot water if not using a high-speed blender)
- ¼ cup nutritional yeast
- ¼ cup unsweetened plant milk (almond, soy, or oat)
- 2 tbsp olive oil (optional for extra creaminess)
- 1 tbsp lemon juice
- 1 tsp apple cider vinegar
- 1 tsp salt (adjust to taste)
- ½ tsp garlic powder
- ½ tsp onion powder
- ½ tsp turmeric (for colour)
- ¼ tsp smoked paprika (optional, for depth)
- Freshly ground black pepper to taste



Instructions

1. Cook the pasta

Bring a large pot of salted water to a boil. Cook pasta according to package directions until al dente. Drain and set aside.

2. **Make the sauce base**

In a medium pot, add the diced potatoes, carrots, and cashews. Cover with water and boil for about 10–12 minutes, or until the veggies are tender. Drain and let cool slightly.

3. **Blend the sauce**

Add the cooked potatoes, carrots, and cashews to a blender. Pour in the plant milk, olive oil, lemon juice, apple cider vinegar, nutritional yeast, and spices.

Blend on high until completely smooth and creamy. Add a bit more milk or water if needed for a thinner consistency.

4. **Combine and heat**

Pour the sauce over the cooked pasta in the pot. Stir over low heat for 2–3 minutes until everything is warmed through and creamy.

5. **Serve and enjoy!**

Garnish with a sprinkle of smoked paprika, black pepper, or chopped parsley.

Optional Add-ins

- Steamed broccoli, peas, or spinach for extra nutrition
- Vegan cheese shreds for a gooier texture
- A baked version: transfer to a baking dish, top with breadcrumbs, and bake at 375°F for 15–20 minutes