



Plant-Based Cheeze Vegan Mac-N-Cheeze

Recipe By DR. MONIQUE MAY

SERVES: 6-8

INGREDIENTS:

- ☐ 2 tbsp. plant-based butter
- ☐ 2 tbsp. whole wheat flour
- ☐ 3 tbsp. nutritional yeast
- ☐ 2 cups unsweetened plant-based milk
- ☐ 2 (8 oz.) packages non-dairy cheddar shreds, *divided*
- ☐ ½ tsp. smoked paprika
- ☐ 1 tbsp. ground mustard
- ☐ ½ tsp. kosher salt
- ☐ 1 tbsp. garlic powder
- ☐ ½ box whole wheat elbow macaroni, *cooked al dente and drained well*

DIRECTIONS:

- ☐ 1. Preheat oven to 350°F.
- ☐ 2. In a medium saucepan, prepare roux: melt butter over medium heat, add flour and whisk until combined. Cook for 2-3 minutes, stirring constantly. Pour in the milk. Add the nutritional yeast. Stir until combined. Add 1½ cups of the cheddar shreds. Stir until the cheese is melted and all the ingredients are combined. Add the paprika, mustard, salt, pepper, and garlic powder. The sauce should be thick, creamy, and smooth.
- ☐ 3. Place the macaroni in a 9x12 inch baking dish. Add the cheese sauce and stir until the noodles are wellcoated. Add the remaining ½ cup of cheese to the top. Sprinkle with more smoked paprika.
- ☐ 4. Baked 35-40 minutes, until the top is slightly browned. Let sit for 10-15 minutes and then serve.

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