

CHEESE-LESS MAC AND CHEESE

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Ingredients

- 250 g macaroni noodles
- 1 c potatoes, chopped
- ¼ c carrots, chopped
- 1/3 c onion, chopped
- 1 c water
- 1/3 c non-dairy buttery spread
- ¼ c unsalted cashews
- 2 tsp salt
- ¼ tsp mustard powder
- 1 tbsp lemon juice
- ¼ tsp black pepper
- Handful of breadcrumbs

Directions

Preheat the oven to 175C. Cook macaroni according to package directions. Combine potatoes, carrots, onion, and water in a small saucepan, cover, and bring to a boil. Simmer for just a few minutes until vegetables are soft. In a blender, combine vegetable mixture with buttery spread, cashews, salt, mustard, lemon juice, and pepper. Blend thoroughly, leaving part of the blender lid open to vent the steam. Combine this sauce with the cooked macaroni, and spread in a rectangular baking pan. Top with breadcrumbs. Bake for 30 minutes. You could also try topping with grated vegan cheese.