

Butternut Squash Mac and Cheese

Ingredients:

1 butternut squash, peeled and spiralized with blade B

Olive oil cooking spray

2 tbsp vegan butter

1 tbsp coconut flour

1/3 cup plain almond milk

1/2 cup grated sharp cheddar cheese

1/4 cup grated parmesan cheese

Directions:

Preheat oven to 400°F. Take your spiralized butternut squash and cut with scissors if not in half moon shape. Lay the squash noodles on a baking tray coated in cooking spray. Bake in oven for 5-7 minutes, and then set aside. In a large saucepan, add the vegan butter and let melt. Once melted, add in coconut flour and whisk together until flour absorbs butter and becomes thick. Then, add in the almond milk and whisk constantly until mixture thickens. Once the mixture thickens, add in squash noodles and stir to combine. Once combined, stir in cheese. If it is too thick, add in more almond milk. Once the cheese has melted into the noodles and you like the consistency, serve and enjoy!