

Vegan Hemp Mac and Cheese

Ingredients

- A box of gluten-free quinoa or hemp pasta
- Nutritional Yeast
- Cashews (salted)
- Hempseed oil
- Hemp hearts
- Filtered water
- A clove of garlic
- Fresh dill
- Lemon
- Cracked Black Pepper
- Himalayan Sea Salt
- Garlic Powder
- Onion Powder

Instructions

*Vegan cheese and pasta ratio is 1:1. May need to double cheese recipe for the whole box of pasta

- 1. Boil water and cook pasta according to the package. Rinse pasta and set aside.**
- 2. Take several sprigs of fresh dill and mince and put aside.**
- 3. Take a clove of garlic, mince it then sauté it in a tbsp of oil . Turn off stove once the minced garlic is aromatic.**
- 4. For the vegan cheese sauce you're going to take your blender and add:
1/3 of hempseed oil, 1/2 a cup of filtered water, your sauté minced garlic, 1/4 cup of nutritional yeast, a cup of cashews (you can soak them for half an hour before to soften)1 tbsp of lemon juice, 1 tsp of cracked black pepper,1 tsp of sea salt, 1 tsp of garlic powder, 1 tsp of onion powder, 1/3 of hemp hearts, minced dill and blend.**
- 5. You may add more seasonings to your liking (paprika)**
- 6. Take a cup of cheese sauce and pour it onto your pasta. One cup of cheese sauce will cover one cup of cooked pasta.**
- 7. Add fresh dill, hemp hearts, and cracked black pepper for adornment.**