



# Gluten Free Vegan Macaroni and Cheese

## Ingredients:

10-12 ounces gluten-free penne  
4 tablespoons grape seed oil  
4-5 cloves garlic, minced  
4 1/2 tablespoons arrowroot starch  
2 cups unsweetened plain almond milk, plus more as needed  
Sea salt and pepper to taste  
5 tablespoons nutritional yeast, plus more to taste  
1/2 cup vegan parmesan cheese, plus more for serving

## Directions:

1. Bring roughly 10 cups water to a boil in a large pot. Once boiling, add pasta and stir to prevent noodles from sticking. Cook according to package instructions (usually about 8-10 minutes). Once fully cooked, drain and set aside.
2. In the meantime, begin preparing sauce. Heat a large, oven-safe skillet over medium heat. Once hot, add oil and minced fresh garlic. Stir and cook for 1-2 minutes, or until light golden brown. Immediately add arrowroot starch and whisk - cook for 1 minute.
3. Slowly add almond milk while whisking then cook for 2 minutes over medium heat, stirring frequently. The sauce will likely look a little clumpy - that's OK! We're going to blend it.
4. Transfer mixture to a blender.
5. Next add 1/4 teaspoon each salt and pepper, nutritional yeast, and vegan parmesan cheese and blend on high until creamy and smooth, scraping down sides as needed.
6. Taste and adjust seasonings as needed.
7. Add cooked, drained pasta to the sauce and toss to coat. Then top with 1 more tablespoon vegan parmesan cheese.
8. *Optional:* Heat oven to high broil and position a rack at the top of the oven. Broil pasta on high for 1-2 minutes (optional), or until golden brown (see photo). Watch closely as it can burn quickly.

Notes: I used 1/2 cup coconut milk with 2 cups almond milk in the sauce. To make vegan parmesan cheese, blend 3/4 cup raw cashews with 3 tablespoons nutritional yeast, 1/4 teaspoon garlic powder and salt.