



Vegan Mac & Cheese - yum!

For the vegan mac and cheese, cook red lentils (from dried - can get at Whole Foods in bulk section usually takes only about 10 minutes to cook) till almost done, then add pasta of choice (I love quinoa macaroni noodles!) and cook a few more minutes, and turn off heat. You want the noodles to be al dente so they don't get mushy in the next step.

Add 1/4 cup or more (depending on amount of food you have cooked) of ground flax seed, several tablespoons of organic coconut/sesame/olive oil (makes it cheesier tasting!), sea salt to taste, and cumin seed if you like (if your kids will eat it, otherwise add just to yours, is yummy and helps with digestion and calming the nerves). Let sit a few minutes covered so it congeals somewhat and finishes cooking, then enjoy :) You can use rice or potatoes instead of pasta, and cook in the crockpot for a few hours instead of the stove, saves alot of time!

Enjoy! :)

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Go Veggie Girl, LLC