



Vegan Mac n' NO Cheese Sauce:

Ingredients:

1.5 cups raw cashews
1/8 cup nutritional yeast
1/8 cup Toby's spice: use more yeast if you don't have (it's yeast with spices)
1 cup water
1/2 lemon, juiced -less or more to taste
3/4 tsp salt
1-3 tsp Dijon mustard
2 small garlic cloves
10 turns pepper, or to taste
2 dashes paprika
2 dashes turmeric
*1 dash chili
*1 dash cayenne or less
*red pepper flakes to taste
*leave out spices if you don't want a little spicy

Directions:

Combine all ingredients in a blender or Vitamix till smooth. Taste till you love it so much that you want to lick the Vitamix clean. I usually add a little more water, lemon juice, salt and/or mustard till it's just right!

Noodle options: I love zucchini noodles!!! Buy a zucchini noodle maker (see my Product list on website). Or "Grate" them with a hand peeler and keep turning the zucchini for "fettuccine" type noodles. YUM!

Other noodle options: Trader Joe's Brown Rice Penne noodles, or Spaghetti Squash (baked).

Optional veggies to sauté: kale, broccoli, spinach, artichoke hearts and/or mushrooms. Can season them with salt and pepper. Go heavy on veggies 😊

TIPS: Can do this as a one pot meal on the stove top, OR mix it all together in bowl (sauce, noodles and veggies) and transfer to a large pan 8X13 baking pan lightly coated with oil. Bake ~20 minutes at 350 degrees, let sit and EAT. Yum yum! Even better after it sits all mixed together in the fridge overnight. Make ahead of time and pop in the oven the night you're ready to eat!

Makes: several servings

Serving Size: 1-2 cups depending on what else you're eating.

** Remember to practice Conscious Eating to determine how much you should eat. Stop at a 6-7 on a 1-10 fullness/hunger scale, 10 being stuffed!*

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