

Gluten-Free, Casein-Free Mac & Cheese

INGREDIENTS:

- 2 cups gluten-free pasta (use rice, quinoa, or chickpea-based pasta instead of corn-based)
- 1/2 cup cashews (soaked overnight and blended into a creamy sauce)
- 1/2 cup coconut milk (unsweetened)
- 1 tablespoon nutritional yeast (for a cheesy flavor)
- 1/2 teaspoon turmeric (for color)
- Salt and pepper to taste

INSTRUCTIONS:

1. Cook the gluten-free pasta according to the package directions.
2. While the pasta cooks, blend the soaked cashews with coconut milk, nutritional yeast, turmeric, salt, and pepper until smooth.
3. Drain the pasta and mix with the cashew sauce until fully coated.
4. Serve warm with additional nutritional yeast on top if desired.