



V-LEARNING COMMUNITY

Mac & Cheese

This is a favorite comfort food made vegan style.

- 4 tablespoons of all-purpose flour
 - 2 teaspoons of salt, miso, or nutritional yeast
 - 5 cups vegan milk – soy, coconut, hemp, or almond
 - 4 tablespoons of vegan butter (see VLC Recipe Book at www.vlearningcommunity.org for homemade butter)

 - 4 cups (2 packages - 16 oz) of Daiya Cheese Mozzarella or Cheddar
 - 1 container (6 oz) of Nuttin Ordinary - 100% Raw Vegan Cashew Cheese (*optional*)
OR
 - See VLC Recipe Book at www.vlearningcommunity.org for homemade cheeses

 - 16 oz of elbow pasta
1. Combine ingredients (except pasta) in blender until warm and melted.
 2. Add cooked elbows and ingredients from blender into baking dish.
 3. Bake uncovered in 375 degrees F oven for 25 minutes or until lightly browned.
 4. Distribute Nuttin Ordinary in spoonful's on top and cook for another 5 minutes.

Makes: 8-12 servings. Fills a 2"x 8.5" x 12.5" baking dish.

Nuttin Ordinary

Ingredients: Organic raw cashews, water, Nutritional Yeast, Probiotic Blend

Daiya Cheese for Mozzarella

Ingredients: Filtered water, tapioca and/or arrowroot flours, non-GMO expeller-pressed canola and/or non-GMO expeller-pressed safflower oil, coconut oil, pea protein, salt, vegan natural flavors (derived from plants; no MSG), inactive yeast, vegetable glycerin, sunflower lecithin, calcium citrate, xanthan gum, citric acid, vegan bacterial cultures.

Note: add tuna fish, green peas and breadcrumbs to make tuna casserole from Mac & Cheese.

