



Paleo Vegan Mac and Cheese

Cauliflower stands in for the noodles to make this a grain free dish. You get the creaminess from the cashews and the cheesy flavor from the nutritional yeast. Turmeric and carrots provide the distinctive yellow color.

4-6 Servings

Gluten Free, Dairy Free, Vegan, Paleo

1 large head cauliflower (6 cups)
1 ½ cups cashews, soaked overnight
2 Tb coconut oil or ghee
1 small onion, chopped (1 cup)
1 small carrot peeled and diced (1/4 cup)
2 Tb nutrition yeast
1 Tb tomato paste
1 ½ Tb Dijon mustard
1 tsp lemon juice
2 tsp apple cider vinegar
1/2 -3/4 cup water or more as needed
1 tsp turmeric
1 tsp garlic powder
¼ tsp cayenne
½ tsp Celtic sea salt
Pinch of fresh ground pepper

Topping

½ cup almonds coarsely chopped
1 clove garlic minced
¼ tsp sea salt

- Bring a pot of salted water to a boil and and preheat the oven to 375 degrees
- Cut the stalks and leaves off of the cauliflower and break it into small pieces, (these are your noodles). When you cut off all the stalks it is easy to break apart the florets. Save the stalks to use in Cauliflower Mash Potatoes. Cook bite size pieces of cauliflower in boiling water for 2 minutes. Drain and set aside in a bowl.
- Heat coconut oil in a medium sauté pan. Add the onions and carrots. Sauté until the onions are translucent.
- Drain and rinse the cashews. Put into a blender or food processor along with the onions and carrots, nutritional yeast, tomato paste, mustard, lemon juice and apple cider vinegar and ½ cup of water.
- Blend until smooth. Add more water if necessary to get a creamy consistency. You want it to be a creamy sauce
- Add in turmeric garlic powder, salt and pepper. Process until completely smooth.
- Taste for salt and seasonings. You want it to be a little salty and full of flavor.
- Pour the sauce over the cauliflower and mix thoroughly. Put into a 6 cup casserole dish or cast iron skillet.
- For the topping toast the nuts in a dry skillet until lightly brown. Add garlic and salt, mix and remove from the heat
- Sprinkle the topping over top of the cauliflower mixture. Bake in the oven for 15 minutes until heated through.
- Serve.