

Vegan Pumpkin Mac and Cheeze

INGREDIENTS

Serving size: 2

1 cup of uncooked elbow macaroni
1 cup Silk unsweet almondmilk
6 tablespoons nutritional yeast
1 teaspoon minced garlic
2 teaspoon Dijon mustard
1 cup pumpkin purée (not pumpkin pie filling)
Salt and pepper to taste



Recipe courtesy of Silk

DIRECTIONS

1. Cook pasta according to package directions and set aside until ready to use.
2. Meanwhile, bring almondmilk to a boil in a pot over medium-high heat.
3. Whisk in nutritional yeast, minced garlic and Dijon mustard and continue to cook for 2 minutes or until slightly thickened.
4. Whisk in pumpkin purée until completely smooth and cook until desired consistency is reached. Add salt and pepper to taste.
5. Stir in cooked pasta until the sauce is evenly distributed. Transfer to plates and serve.

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& Refrigerated Foods Association



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