

A Fast-Friendly & Kid Friendly RECIPE from ByziMom.com!

ByziKids' Favorite

Creamy Macaroni



We often used to take this with us to our monthly Homeschool Gathering and Potluck Lunch. Everyone always loved it, especially the children, nobody knew it wasn't made with cheese...and we always brought home an empty dish.. Now that's what I call a complete success!

Ingredients

- ½ cup raw cashews (you can even soak them overnight and drain them well to get a really creamy sauce)
- ⅔ cup nut milk (we like cashew)
- ⅔ cup water
- 2 Tbsp tapioca flour (double this if you like extra stringy cheese, omit it if you want a lighter sauce)
- 3 Tbsp nutritional yeast flakes
- 1 tsp salt
- ½ tsp garlic powder
- 2 tsp lemon juice or apple cider vinegar

Variations:

Nacho Cheese Sauce

Using the same method, you can vary it up a bit and make an orange-style sauce to spoon onto tortilla chips like nachos, drizzle over chili, or mix with salsa to make a great dip.

Use the same recipe as above, but add:

- a strip of red bell pepper, (or a tsp of paprika)
- 1 tsp brown sugar

... and blend!

Preparation

This recipe couldn't be easier if you happen to have a really powerful blender. Just drop the ingredients in and blend on high speed for 5-7 minutes until it is thick, hot and ready! In a conventional blender, just blend very, very well, and then cook over medium-high heat for a few minutes until it thickens. Use this recipe over pasta for a great mac and cheese, roasted vegetables like cauliflower or potatoes to make a great gratin, or in a lasagna or vegan pizza!

Tips

Can't do nuts?

Follow the same recipe, but just leave out the cashews, add ½ cup dry, rolled oats and use hemp milk, oat milk or whatever unsweetened, non dairy milk you choose. The result isn't as creamy, but it's just as satisfying.