

Dairy-Free Mac and "Cheese"



Presented with



by **Laura Spencer, Bonfire Nutrition**

Vegan • Gluten-Free

Serves 4

Time: 40 minutes

2 cups brown rice macaroni

TOPPING

1 cauliflower head
1 cup gluten-free breadcrumbs
1 tsp garlic powder
1 tsp onion powder

SAUCE

1 medium sweet potato, *cubed*
1 cup raw cashews, *soaked*
1 lemon, *juice*
1 tbsp red onion
5 tbsp nutritional yeast
1 tbsp hemp hearts
¼ cup olive oil
¼ cup filtered water
salt, *to taste*

1. Preheat the oven to 350 ° F.
2. In a medium saucepan add 2 to 3 cups of water. Peel and cut the sweet potato into cubes. Bring to a boil and add sweet potato cubes. Cook for 15 minutes or until they are soft and tender. Set aside.
3. Cook the brown rice macaroni according to package instructions. Don't forget to rinse the pasta under cold water after straining to avoid overcooking and clumping.
4. While pasta is cooking, make cauliflower rice by adding cauliflower florets into a blender. Pulse until you have a rice-like consistency, about 4 pulses. Set aside 1 cup of cauliflower rice. You can save any remaining rice in the fridge for another recipe.
5. Rinse blender.
6. Add sweet potato, cashews, lemon juice, red onion, nutritional yeast, hemp hearts, olive oil, water, and salt to a blender. Blend until you have a smooth sauce-like mixture. Set aside.
7. To assemble, mix macaroni and "cheese" sauce in a large bowl. Transfer to an oiled casserole dish.
8. Add cauliflower rice, breadcrumbs, salt, garlic powder, and onion powder to a medium bowl and stir to combine. Sprinkle evenly over the macaroni.
9. Bake for 15 minutes until browned on top. Let cool for about 5 minutes before serving. Enjoy with your favourite salad.