

## WHOLE FOOD PLANT BASED MAC AND CHEESE

### Cheese Sauce

4 medium Yukon gold potatoes, peeled and diced  
1 cup carrots, peeled & diced, about 3  
1/4 cup onion, diced  
2 cups broth from cooked veggies  
\*1 cup raw cashews, unsoaked, (or 1/2 c. white beans and 1/2 C cashews)  
8 tablespoons nutritional yeast flakes  
2 tablespoon lemon juice  
1 teaspoon sea salt  
1 teaspoon garlic powder  
1/2 tsp paprika  
1/2 tsp turmeric powder  
*1 pinch cayenne pepper, optional*

### Pasta

1 lb. pasta of choice  
6 cups water  
In a large pot, bring water to boil. Add pasta, and cook according to package directions. Don't overcook it! Once pasta is tender, pour into a strainer and rinse with cool water. Set to the side.

### To make Cheese Sauce

Dice up potatoes, carrots, and onion. In a medium pot, bring about 3 cups of water to a boil. Place potatoes, carrots, and onion in a pot and allow to cook until veggies are tender approximately 15 minutes.

When veggies are tender, drain (but save water) and place them in a blender, **RESERVING** 1 cup of the broth, and add to blender. Adjust water as needed after adding other ingredients.

Add all the remaining ingredients, and blend until smooth. Pour over cooked pasta. Stir ingredients together. Serve warm. Will last in refrigerator up to 5 days.

*\*Option:* Originally, I made it with just the raw cashews. You can also make with a combination of 1/2 cup cashews + 1/2 cup white beans. Adding a different fiber.

Enjoy with a side salad or a bowl of vegetable soup.



## A GREEN SMOOTHIE A DAY KEEPS INFLAMMATION AWAY

½ LB GREENS OR 2 BIG HANDFULS, PUSH DOWN IN BLENDER

¼ CUP CHIA SEEDS AND FLAX SEEDS MIXED

2 FROZEN BANANAS

1 CUP ANY FROZEN FRUIT OF CHOICE. Blueberries, Strawberries, Mango, Pineapple, etc.

FILL WITH WATER OR NON-DAIRY MILK ABOVE GREENS - OR COCONUT WATER FOR EXTRA ELECTROLYTES



*Extra Great Add-Ins:* A one inch sized chunk of fresh organic ginger, ¼ tsp turmeric, fresh organic basil or mint leaves, Orange, Lemon or Lime.

Consume this throughout the day for anti-inflammatory benefits. This will get thick, but this is where the anti-inflammatory and essential fatty acids come in for health. This is whole body nourishment. Like a multi vitamin.

Doing Green Smoothies daily as snacks throughout the day will help cleanse, detoxify and rebuild cells in your body...

*while offering hyper nourishment for your healing journey*

Try it for 21 days straight... for the health of it.