

Thrive Mac and “Cheese”

Makes: 8, ½ cup servings

Ingredients:

Water: ½ cup

Unsweetened Oat Milk: 1 cup

Sliced Vegan Cheddar Cheese (we use Violife brand): 10 ½ oz

Tabasco Sauce: 1/8 teaspoon

Granulated Garlic: ½ teaspoon

Nutritional Yeas: 1/8 teaspoon

Black Pepper: Dash, to taste

Kosher Salt: Dash, to taste

Red Lentil Pasta: 4 oz

Instructions:

1. Cook pasta according to box directions. Drain, rinse with cold water, drain. Set aside.
2. Heat water and oat milk until simmering.
3. Gradually add cheese and whisk over heat until melted and smooth.
4. Stir in tabasco, garlic, nutritional yeast, and salt.
5. Mix well with cooked pasta.
6. Enjoy!