

## VEGAN MAC & CHEESE SAUCE



### INGREDIENTS:

- 1/4 cup uncooked red lentils
- 8 tbsp nutritional yeast
- 1 cup unsweetened pea or soy milk
- 1/4 tsp paprika
- 1/4 tsp garlic
- 1/4 tsp curry powder
- 1/4 tsp salt
- 2 tbsp lemon juice

### DIRECTIONS:

- 1) Cook lentils according to package instructions
- 2) Add cooked lentils and remaining ingredients in a blender
- 3) Blend until all ingredients are well incorporated
- 4) Store in an air tight container for up to 4 days
- 5) When ready to enjoy, toss pasta in "cheese" sauce

Enjoy!

Makes 3 | 1 Serving = 1/2 cup  
Calories: 140 | Protein: 15 g | Carbs: 16 g | Fat: 2 g | Fiber: 8 g