

Krista Harrison, RHN, Culinary Nutrition Expert

krista@kristaharrison.com

www.kristaharrison.com

“Embracing the power of real food!”

Mac n Cheese with a Twist!

Ingredients:

1 package of brown rice spiral noodles

¼ cup organic butter

¼ cup teff flour

2 cups almond milk (unsweetened)

1 tbsp nutritional yeast

1 tsp turmeric

½ tsp sea salt

Pinch of pepper

3 cups raw milk cheese (L’Ancentre or Bingo)

Directions:

- Cook pasta according to package directions
- In a small saucepan, melt butter, then add the turmeric and teff flour. Blend well.
- Slowly add the milk and stir with a whisk.
- Stir occasionally until boiling. Boil for 2 minutes until thickened.
- Add the salt, pepper nutritional yeast and cheese.
- Mix until cheese is melted.
- Add mixture to pasta and combine well.
- Transfer to baking dish and bake in oven at 350 for 20 minutes.