🧀 GOLDEN MAC & CHEESE

Creamy, comforting, and irresistibly cheesy—this plant-based favorite delivers all the cozy goodness of classic mac & cheese without the dairy.



Serves 6–8

🥣 INGREDIENTS

Pasta:

1 (13.25-ounce) box whole-wheat macaroni
¼ cup breadcrumbs (optional)

Cheese Sauce:

¾ cup unsweetened soy milk
¾ cup nutritional yeast flakes
½ cup canola or vegetable oil (or less)
½ cup water
2 tablespoons Bragg Liquid Aminos or low-sodium soy sauce
¼ of a 16-ounce package firm tofu
½ tablespoon garlic powder
½ tablespoon paprika
½ tablespoon salt

👩‍🍳 INSTRUCTIONS

1. Cook pasta according to package directions. Drain and set aside.
2. Add soy milk, nutritional yeast, oil, water, soy sauce, tofu, garlic powder, paprika, and salt to a high-speed blender.
3. Blend until completely smooth and creamy.
4. Pour the cheese sauce over the pasta and mix until evenly coated.
5. Serve immediately, or preheat oven to 350°F (175°C) for the baked version.
6. Transfer pasta to a 9 × 13-inch baking dish and sprinkle breadcrumbs evenly over the top.
7. Bake for 10–15 minutes, or until the breadcrumbs are lightly golden and toasted.

🌱 NUTRITION BENEFITS

Whole-wheat pasta: Provides fiber and complex carbohydrates for sustained energy.
Tofu: Adds plant-based protein and minerals such as calcium and iron.
Nutritional yeast: Provides B vitamins, plant-based protein, and savory flavor.
Soy milk: Provides plant-based protein and may supply calcium and vitamin D when fortified.

📊 NUTRITION INFORMATION

Per ¾ cup serving : 348 Calories | 16 g Fat | 1.3 g Saturated Fat | 0 mg Cholesterol | 675 mg Sodium | 41 g Carbohydrates | 5 g Fiber | 1 g Sugar | 14 g Protein

REFERENCE: Adapted from: *From Plant To Plate.*. by Tami Bivens, R.D. and Life and Health Network