

# High Protein Mac 'n' Cheese



PREP TIME

10 mins

COOK TIME

30 mins

TOTAL TIME

40 mins



COURSE

Dinner, Gluten Free, Lunch



SERVINGS

8 servings

CALORIES

258 kcal

## INGREDIENTS

- 2 8 oz boxes Banza Elbow Macaroni Pasta
- 2 c white potato peeled and cubed
- 1 c Baby Carrots peeled and chopped
- 1/2 c Silken Tofu
- 1 Tbsp lemon juice
- 1/2 c Nutritional Yeast
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 2 tsp salt
- 1 Tbsp agar powder
- 2 Tbsp tapioca flour (or cornstarch)

## INSTRUCTIONS

### Cook the Pasta & Veggies

1. Bring a large AND a medium pot of water to a boil. You can salt the water if desired.

- 2. Add two boxes of Banza Elbow Macaroni to the pot and cook for 7 minutes (or until al dente), stirring occasionally.
- 3. Strain pasta and rinse with cold water immediately to stop the cooking process.
- 4. In the smaller pot of boiling water, add the potatoes and carrots for 7 minutes, or until fork-tender.
- 5. Drain the potatoes and carrots but reserve the cooking liquid!

**Make the Cheese Sauce**

- 1. In a good quality blender that can handle hot food, add cooked potatoes and carrots.
- 2. Add 1/2 c cooking liquid to the blender. Blend until smooth.
- 3. Add silken tofu, and lemon juice. Blend until smooth.
- 4. Add nutritional yeast, garlic and onion powder and salt.
- 5. In a medium saucepan over low heat, add 1/2 c (120ml) water and 1 Tbsp (5g) agar powder. Whisk together and do not touch for 3 minutes. DO NOT TOUCH IT!
- 6. After three minutes have passed, whisk the cheese mixture in the blender into to the saucepan, whisking as you pour until well incorporated.
- 7. In a small bowl, add the 2 Tbsp (16g) tapioca starch with 2 Tbsp cold (15 ml) water and whisk with a fork until mixed.
- 8. While whisking, add the tapioca mixture into the cheese mixture. Cook for 1-2 minutes until the cheese thickens.
- 9. Add the cheese sauce to the cooked pasta and mix well!
- 10. Serve immediately or store for later in the fridge!

**NUTRITION**

Nutrition Facts	
High Protein Mac 'n' Cheese	
Amount Per Serving	
Calories 258	Calories from Fat 36
% Daily Value*	
Fat 4g	6%
Carbohydrates 43.4g	14%
Fiber 9.9g	41%
Protein 19.2g	38%
Vitamin A 2065IU	41%
Vitamin C 8.3mg	10%
Calcium 56mg	6%
Iron 6.6mg	37%
* Percent Daily Values are based on a 2000 calorie diet.	



## **Tried this recipe?**

Let us know how it was!