

pumpkin mac n cheese

Ingredients

2 cups pumpkin puree
1 Tbs coconut oil
2 cloves garlic
2 Tbs cornstarch
1 cup milk (or milk substitute)
½ tsp salt
2 tsp dried herb (thyme, sage or parsley)
5 Tbs nutritional yeast
½ tsp pumpkin pie spice
1 box of pasta

Instructions

1. Boil pasta according to the instructions.
2. Add pumpkin puree, garlic, starch, milk, salt, herbs, nutritional yeast and pumpkin pie spice to a food processor or blender. Blend until creamy and smooth. If needed, add milk to thin.
3. Pour sauce into skillet and heat over medium-low to thicken and warm the sauce.
4. Add cooked pasta to sauce pan, stir to combine.
5. Enjoy!

