



Mac'no'cheese!



Ingredients:

- 1 packet spelt macaroni
- 1 1/3 cup raw cashews soaked overnight or in hot water at least for 1 hour
- 2 2/3 cups water
- 3/4 cups roasted red peppers (you can roast your own or buy canned, just make sure they do not contain sugar)
- 4 tbsp nutritional yeast in powder (or a bit more if you have flakes)
- 4 level tbsp corn flour
- 4 tbsp apple cider vinegar
- 3 tsp sweet paprika
- 1 tsp smoked paprika (if you don't have any, just add another tsp of sweet paprika)
- 2 tsp sea salt
- freshly ground pepper
- pich cayenne pepper, if you want it a bit hot



Instructions:

1. Boil the macaroni according to the packet instructions. Rinse and drain them, add a little olive oil and mix them so they don't get sticky. Leave them aside.
2. In your food processor, start by blending the cashews and peppers adding water gradually until they turn into a paste.
3. Add the rest of the ingredients and blend well one more time.
4. Pour the mix into a pot and simmer until it reaches the boiling point, where it will also thicken. Add some more water if you prefer it less thick.
5. Pour the sauce over your pasta and mix.
6. Serve with fresh parsley and freshly ground peppers!

