

# CREAMY PUMPKIN “MAC N CHEESE” CASSEROLE (VEGAN & GLUTEN FREE)

5 servings | 426 calories per serving | Prep Time: 10 mins | Total Time: 30 mins

## INGREDIENTS

### Nutrition Facts

Servings 5.0	
Amount Per Serving	
CALORIES 426	
% Daily Value *	
TOTAL FAT 18 g	28 %
Saturated Fat 5 g	27 %
Monounsaturated Fat 5 g	
Polyunsaturated Fat 6 g	
Trans Fat 0 g	
CHOLESTEROL 0 mg	0 %
SODIUM 109 mg	5 %
POTASSIUM 1194 mg	34 %
TOTAL CARBOHYDRATE 49 g	16 %
DIETARY FIBER 12 g	49 %
SUGARS 6 g	
PROTEIN 21 g	43 %
Vitamin A	116 %
Vitamin C	75 %
Calcium	14 %
Iron	25 %

\* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.

- 1 - 10 oz. box chickpea pasta
- 1 small head purple cauliflower
- For the “cheese” sauce:
  - ½ can organic coconut milk
  - ½ can organic pumpkin puree
  - 5 heaping tbsp nutritional yeast flakes
  - 2 tbsp freshly ground organic raw almonds
  - 1 tbsp ground golden flax seeds
  - 1 large garlic clove, crushed
  - 1 tbsp extra virgin olive oil
  - A couple good shakes of organic paprika, onion powder, parsley
  - About ¼ tsp. Himalayan pink sea salt
  - Few fresh organic basil leaves, roughly chopped

\*To make it extra cheesy, top the dish with a couple small handfuls of walnut “cheese” (see my recipe card for parmesan-style seed cheese, but swap out the seeds for walnuts unless you prefer the seed cheese as that works just fine as well)

**DIRECTIONS:** Bring large pot of water to a boil, then add pinch of salt and chickpea pasta and cook as directed.

Meanwhile, preheat the oven to 375°F

Use grinder, food processor, or whatever you have to freshly grind the raw almonds. Mix it with the ground flaxseeds.

Rice the cauliflower (using grater, food processor or Vitamix) or just cut into smaller pieces

In a saucepan, over medium heat, start sautéing the freshly crushed garlic with the olive oil (about a minute at most, don’t burn). Start adding in your ground almonds and flax, nutritional yeast, pumpkin puree and coconut milk, whisking it as you go. Add your spices, salt and fresh basil, and heat until the pumpkin cheese sauce starts to thicken a bit and bubble. Make sure to stir often.

Once the chickpea pasta is soft, drain it, and rinse it with cold water and drain well again. Pour into a casserole dish, add the cauliflower, then pour the creamy pumpkin cheese sauce over top and mix well to coat all the noodles. Finally, top with crumbled walnut “cheese.” Bake with a lid on (or cover with foil) for about 10 mins.

*\*Optional – you can modify this recipe by using a different pasta. Also, you can replace the ground almonds and flax with flour you have on hand. You can replace ½ the coconut milk with almond milk to make the coconut flavor less prominent. You can switch up the flavor profile using herbs like sage instead of basil, adding fresh ginger, nutmeg or even red pepper flakes to give it a spicier kick, giving it a Mexican flair with cumin and/or chili powder, giving it a little zest by adding a little lemon juice and fresh lemon zest into the sauce while it is simmering, etc. There are many possibilities. As always, get creative!*