



**SERVINGS:** 3-4

# Pumpkin Mac'n Cheese

GLUTEN FREE & VEGAN

*Recipes adapted from  
wholekidsfoundation.org*

## Ingredients

- 1 cup raw cashews, soaked at least 4 hours
- 2 cups water
- 2 cloves garlic
- 1 tsp sea salt
- 1/2 tsp pumpkin pie spice
- 2/3 cup pumpkin purée
- 1 Tbsp vegan butter
- 1 Tbsp chopped sage
- 1/2 cup vegan cheese
- 5 cups gluten free pasta
- 1/2 cup spinach or steamed broccoli florets, chopped
- 1/4 cup mushrooms, diced
- 1/2 cup onion, diced

## Instructions

1. Drain soaked cashews and discard liquid.
2. Place cashews, 2 cups of water, garlic, spices into a blender. Blend until smooth and add pumpkin purée and blend until smooth.
3. In a large pan, melt the butter over med heat and add onions. Cook until translucent then add mushrooms. Cook for another 3-5 minutes then add sage. Saute for 30 seconds.
4. Add cashew-pumpkin sauce and cheese into the pan. Cook over medium heat stirring constantly until sauce thickens up and cheese melts.
5. Stir in cooked pasta and spinach. Add your favorite garnish. **ENJOY!**

**PREP:** 15 MINS **COOK:** 20 MINS **TOTAL:** 35 MINS



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