

Ingredients

Custard

- 2c cashew milk
- 1c chicken stock
- 3 eggs
- ¼ tsp nutmeg
- 1 Tbsp Worcestershire sauce
- 1 tsp Turmeric
- 1 tsp basil
- 1 tsp Onion powder
- ½ tsp Garlic powder
- 1 Tbsp Dijon mustard
- ½ tsp Monk sugar/maple syrup
- 1 tsp Salt
- ½ tsp pepper

Pasta Mix

- 2 cups High protein elbow macaroni
- ½ cup plain Greek yogurt
- 4 cups head chopped cauliflower
- 3-4 Tbsp nutritional yeast
- 1/3 cup parsley chopped fine (Fresh)
- ½ cup cheese mix
- salt and pepper to taste
- half a stick butter plus more to butter pan (unsalted and grass fed is best)
- 1 tsp Paprika

Pasta water

- 1-2 bay leaf
- 1 tsp salt
- Garlic clove
- 1 tbsp olive oil

Cheese mix

- 1 cup edam
- 1 cup sharp cheddar
- 1 cup mild cheddar

Directions

1. Grate your cheese and set aside.
2. Bring a pot of water to a boil and then add 1 tsp. of sea salt, 2 Tbsp of extra-virgin olive oil and (Optional) 1-2 Bay leaves and a garlic clove
3. Add the elbow macaroni to the boiling water and stir frequently so that it does not stick together. After 3 min add your cauliflower florets. Cook your macaroni until it is just shy of al dente, and it still has a little bite and chew to it.
4. Drain the macaroni and cauliflower and set aside to cool slightly, then add your butter and continue to let cool
5. If cooking in cast iron, preheat your oven to 375 degrees F. If cooking in glass, preheat to 400 degrees F.
6. In a blender, combine 2 cups of milk, 1 cup of stock, 3 eggs, 2 tsp. sea salt, and 1 tsp. sweetener, nutmeg, Worcestershire sauce, turmeric, onion powder, garlic powder, Dijon mustard, and pepper. Blend for about 15 seconds. How much of this you will need to make will depend on how large of dish you are using. (Tip: add your eggs last that way you can taste custard and adjust seasoning)
7. To cooled pasta, add, Greek yogurt, 3 tablespoons of nutritional yeast, parsley, paprika, 1/2 a cup of cheese mix and salt and pepper to taste. Fold together and set aside.
8. Coat baking dish with butter.
9. Begin to build your macaroni and cheese. Add a layer of macaroni. Then, add cheese mix.
10. Repeat. For 2-3 layers depending on your dish. In between layers add custard
11. Top the dish off with cheese mix and paprika for color.
12. Cover the dish with a lid or foil and put in the oven for 40 minutes.
13. After 35 minutes, remove lid or foil and cook an additional 20 minutes. Keep an eye on it for the last ten minutes so that you don't scorch the top.
14. After your macaroni and cheese has cooked for one hour, test the center for doneness. If a runny liquid is released, your dish is not done. Cover and put back in the oven for an additional 10 minutes or so, then check it again.
15. Allow the dish to rest for 10 minutes or so before serving.