It's Liv B

VEGAN MAC AND CHEESE WITHOUT CASHEWS
(Liv Biermann)

This Vegan Mac and Cheese is the ultimate comfort food and guaranteed to be your new favourite recipe. It's made without cashews, there's no blending required, and it all happens in one pot! Prepare your taste buds for the best creamy vegan mac.

2 cups macaroni
3 cups water
2 tsp dijon mustard
1/2 tsp salt
1/4 to 1/2 tsp garlic powder

Sauce:
1/2 cup almond or soy milk
1/3 cup nutritional yeast
2 tbsp tahini
2 tbsp lemon juice
1 cup shredded vegan cheese* (see Editor's Note)
Pepper to taste

To a large/medium pot, add macaroni, water, dijon, salt and garlic powder and stir well. Bring to a light boil, stirring frequently so it doesn't stick. Cook until liquid is absorbed and pasta is cooked. If it starts getting sticky, you can add some splashes of extra water. Different brands of pasta may require more or less water, so have that extra 1 cup on hand to add in gradually just in case.

Meanwhile, stir together the almond milk, nutritional yeast, tahini and lemon juice until creamy.

When the pasta is cooked, add the sauce, vegan cheese and pepper and stir until cheese melts. Enjoy!

*Editor's Note: Those not wanting to use this processed food could easily adapt the recipe by adding a little more of the first three sauce ingredients.

Key Ingredients and Substitutions

- Macaroni – I like to use macaroni pasta to make this one pot vegan mac and cheese most similar to the boxed mac and cheese I grew up eating as a kid. If preferred, you can substitute another short-cut pasta. Avoid using long pasta such as spaghetti or angel hair.
- Dijon mustard – Mustard adds the perfect level of tanginess and flavour complexity. It truly adds so much to the cheesy sauce!
- Nutritional yeast – If you've never heard of nutritional yeast, it's the perfect seasoning for vegan macaroni because it has a natural cheesy flavour to it.
- Tahini – This is an essential ingredient in this recipe that adds creaminess and thickens the mac and cheese sauce into the perfect thick and creamy consistency. Do not sub the tahini out for anything – there's nothing that can replace it in the same way.
- Lemon juice – A small squeeze of fresh lemon juice adds an acidity that balances the rich creaminess. I haven't tested it, but a small splash of apple cider vinegar may work as a substitute!



It's Liv B is run by Liv Biermann and Greg Bellefontaine, a married couple. They want to "help people fall in love with vegan food!" The recipes are all plant-based, with a "mix of comfort & more health conscious recipes." Many of the recipes use oil or processed ingredients but can be adapted.

Liv B. from plant-based comfort food to everyday classics