



5 Ingredient Quinoa Mac-N-Cheese

Ingredients:

1 small butternut squash

¼ cup almond milk

1 tablespoon dijon mustard

3– 4 cups cooked quinoa

1 cup goat cheddar (or shredded cheese of choice)

Instructions:

Preheat oven to 375 degrees F.

Peel and seed butternut squash. Chop into 1" chunks, add to a stock pot, cover with 1" of water and boil until fork tender, about 15 minutes. Drain and transfer to a blender.

Add almond milk and dijon mustard into blender and blend on high until silky smooth and creamy. Add more milk as needed – texture should be thick, but easily pourable.

Transfer to a bowl and add quinoa and cheese. Stir until combined.

Spoon mac n' cheese into ramekins (or baking dish), smooth tops and bake for 20 – 30 minutes, until bubbly.

Remove from oven, cool slightly and enjoy immediately.