

# Miso Carrot Macaroni & Cheeze



Ready in 15 minutes, plus pasta cooking  
time

Serves 2

## Ingredients

- 1.5 oz Miso Crystals
- 0.3 oz Carrot Crystals
- Pinch Beet Crystals (for color)
- ¼ cup butter (4 tablespoons)
- ¼ teaspoon chili powder, or ½ teaspoon paprika
- 4 tablespoons rice flour
- 2 cups mylk
- 0.5 oz nutritional flakes
- 2 teaspoons arrowroot
- Squeeze lime juice

## Preparation

1. Melt butter in a pan and add the chili or paprika powder and rice flour. Cook on low until it smells like pie crust, about 3-5 minutes.
2. Add milk of choice. Bring to a gentle boil. Turn off the stove.
3. Add nutritional flakes, carrot crystals, beet crystals, lime juice and arrowroot powder. Mix well.
4. Add to cooked pasta of choice, serve!