

# Baked Miso & Green Cheeze Mac



Ready in 35 minutes, plus pasta cooking time

Serves 4

## Ingredients

- 1.5 oz Miso Crystals
- 0.3 oz Broccoli Crystals
- 0.3 oz Kale Crystals
- 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, miso crystals, broccoli & kale crystals, lime juice and arrowroot powder. Mix well.
4. In an oven-proof dish mix cooked pasta and sauce.
5. Take 4 slices of bread & 4 tablespoons butter. Blitz in a blender to crumbs.
6. Spread butter crumbs on pasta and bake at 400 degrees for 15 minutes.
7. Let's eat!