

# Food Babe's Homemade Mac & Cheese



Prep Time:	Cook Time:	Total Time:	Serves:
10 mins	20 mins	30 mins	8

<https://foodbabe.com/why-this-family-will-never-make-this-popular-staple-ever-again>

## Ingredients:

- 2 tablespoons grassfed organic butter
- 12 ounces cheddar cheese
- 1 head cauliflower
- 16 ounces spelt pasta noodles
- 1 pinch sea salt
- 1 pinch ground nutmeg
- 1 pinch ground black pepper

## Instructions:

1. Bring 8 cups of water to a boil in a large pot on stove.
2. Add pasta and cook until it is al dente or firm to package directions.
3. While pasta is cooking, steam cauliflower in large pot filled with 1 or 2 cups water (place cauliflower steamer basket).
4. Shred cheese by hand with grater or in a food processor.
5. Grate cauliflower by hand using a grater or pulse in a food processor.
6. Mix grated cheese, cauliflower, butter, and seasonings in with drained pasta.
7. Stir well and enjoy!

## Notes:

- Please use all organic ingredients if possible