

Vegan Mac and Cheese Powder

This Easy Vegan Mac and Cheese Powder is perfect to whip up mac and cheese within minutes when needed. It also makes a great gift! Add flavors and herbs for variations. Soyfree Vegan Mac and Cheese Mix Recipe. Glutenfree Nutfree Option.



★★★★★
4.94 from 83 votes

Prep Time
10 mins

Cook Time
15 mins

Total Time
25 mins

Course: Main Course Cuisine: American, Vegan Gluten-free

Keyword: vegan cheese powder, vegan instant mac and cheese, vegan mac and cheese mix

Servings: 4 serves of third cup powder that serves 2-3 Author: Vegan Richa

Ingredients

- 1/2 cup cashews raw, (see notes for nutfree)
- 1/2 cup [nutritional yeast](#)
- 3 tbsp flour (all purpose or use oat flour for glutenfree. rice flour will work too, but it adds a slight grittiness)
- 2 tbsp tapioca starch or other starch
- 2 tsp garlic powder
- 2 tsp onion powder
- 1 tsp ground mustard
- 1 tsp sugar
- 1.5 tsp salt (2 tsp for saltier or adjust later when you make the sauce)
- 2 to 3 tsp paprika , a mix of smoked and regular or all smoked
- 1/2 to 1 tsp black pepper

To make Mac & Cheese:

- 1 cup mac or other small pasta
- 1 cup non dairy milk or water
- 1/3 to 1/2 cup of mac and cheese powder from above

Instructions

To make the Powder Mix:

1. Process everything in a food processor or blender until powdered. It takes 2-3 mins. Blend/process for a minute, scrape sides and blend again. (Check in between to feel the mixture if it is too gritty with pieces of nuts. Process more until the mixture becomes more powdery with just a slight grittiness.)
2. Add other flavor profiles such as chipotle, cajun, garam masala and mix in (optional). See notes for options.

To make mac:

1. Cook 1 cup of dry pasta according to instructions on the package in salted water. Drain and set aside.
2. Combine 1/3 to 1/2 cup of mix with 1 cup of water or (not hot) non dairy milk and 2-3 tsp olive oil or vegan butter (optional) in a saucepan or blend and add to saucepan for creamier, start heat over medium, and bring to a boil. Add cooked pasta (and optionally sauteed veggies such as mushrooms, broccoli etc) and cook for a min, taste and adjust salt and flavor. (You can add 1 tsp miso or soy sauce and/or lemon juice for additional flavor. Garnish with oregano, pepper flakes if needed.) Cover and let sit for another 2 mins. (For saucier, use 1/2 cup mix. You can add a tbsp more of the powder to the simmering sauce, if it isnt as thick as you like).

3. **To make cheese sauce** to drizzle over roasted veggies or salad or baked potato, blend 1/2 cup mix with 1 cup non dairy milk. Add to a pan and bring to a boil. Simmer for a few mins to thicken.
4. **To Store:** Store in a glass jar or ceramic airtight container. On the counter away from heat for upto a month. Refrigerate for freshness and longer life.

Notes

Nutfree: Use 1/2 cup total flour(all purpose) instead of cashews.

A mix of 1/3 cup oat flour, 2 tbsp rice flour and 1 tbsp tapioca for glutenfree.

Or 1/4 cup pumpkin seeds+ 1/3 cup total flour.

Also try my [potato carrot cheese here](#)

Chipotle Mac: Add 1 tsp chipotle pepper powder, 1 tsp smoked paprika and 1 tsp oregano.

Cajun/garam masala/Jerk Mac: Add 1 Tbsp [cajun spice](#)/[garam masala](#)/jerk seasoning to the mix. Sprinkle more on the cooked mac .

To bake into a casserole: Blend 1/2 cup of the mix with 1 1/4 cup non dairy milk. Combine in a casserole with cooked pasta and 1 tbsp olive oil. Top with breadcrumbs, mined garlic, fresh herbs of choice and a drizzle of olive oil. Bake at 400 deg F for 20 mins.

To make a Queso style dip: Blend 1/2 cup of the mix with 1 cup non dairy milk, 1/2 tsp smoked paprika, 1/2 tsp cumin. Bring to a boil to thicken, take off heat, fold in some salsa and chopped pickled jalapeno.

Nutrition is for a **1/3 cup of the mix**(which serves 2 or more people depending on how you use it), does not include pasta. (makes 1 1/3 cup) . For 1 individual serving, divide by 2.

Nutrition

Calories: 164kcal | Carbohydrates: 19g | Protein: 7g | Fat: 7g | Saturated Fat: 1g | Sodium: 857mg | Potassium: 286mg | Fiber: 2g | Sugar: 2g | Vitamin A: 850IU | Vitamin C: 0.2mg | Calcium: 15mg | Iron: 2.3mg

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