



# gluten free mac 'n cheese-broccoli bake /

organic ingredients /

- 2 cups gluten free macaroni (I like Tinkyada)
- 1 tsp salt
- 1- $\frac{1}{2}$  cups grated sharp cheddar cheese (preferably pasture raised)
- 2 tsp potato flour
- 2 cups whipping cream (preferably pasture raised)
- 3-4 cups raw broccoli florets
- 2 Tbsp butter
- Parmesan cheese (optional)

If planning on freezing, slightly undercook the pasta. If freezing for later, do not bake until you are ready to serve.

Recipe can be tripled or quadrupled to freeze for later.

vegetarian, high in antioxidants, calcium, vitamin A & C, folic acid, natural enzymes, amino acids, protein and good fatty acids.

active time/ >30 minutes

total time/  $\geq$  75 minutes

Put oven rack in middle position and preheat oven to 350°F.

Melt **butter**; blend in **flour & salt**.

Add **cream** and cook, stirring constantly until thick.

Add **cheese** and stir until thick and melted.

Cook gluten free macaroni as directed on package. Combine **cooked macaroni, broccoli and cheese sauce** in buttered casserole dish. Sprinkle with Parmesan cheese (optional)

Bake in oven for 35-45 minutes or until golden brown on top.