



Eat Well. Live Well.

www.AwareHouseChef.com

CONTACT

Hellenic Restaurant:
631 477-0138
www.TheHellenic.com

Ultimate Gluten Free Mac & Cheese

2 cups Organic Milk

1 tbsp. Kerry Gold Butter

1 ½ cups cubed German Gruyere

1 ½ cups Sharp Irish Cheddar

1 tsp. Minced Green Jalapeno

12 oz [La Molisana Gluten Free Fusilli](#)

¼ cup [Avocado Oil Mayonnaise](#)

3 tbsp. [Organic Arrow Root](#)

¼ tsp. [Celtic Sea Salt](#)

¼ tsp. [Fresh Cracked Organic Black Pepper](#)

preparation instruction, watch the video on YouTube:

[Mac and Cheese](#)

Youtube.com/AwareHouseChef

DISCLAIMER: Hi! This PDF contains affiliate links, which cost you nothing, but if you click on them, I'll receive a small commission. This helps support this channel. Thank you for the support!