



2-Ingredient Cheesy Mac



Entire recipe: 89 calories, 4g total fat (2g sat. fat), 703mg sodium, 11.5g carbs, 4g fiber, 4.5g sugars, 3.5g protein

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Prep: 5 minutes **Cook:** 5 minutes



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Ingredients

2 tbsp. [Anthony's Cheddar Cheese Powder](#) (or alternative below)
1 package House Foods Tofu Shirataki noodles (any shape)

Seasonings:

1/4 tsp. garlic powder
Dash salt

Directions

In a small bowl, combine cheese powder with 1 tbsp. + 1 tsp. water. Mix until smooth and uniform.

Use a strainer to rinse and drain noodles. Thoroughly pat dry. If needed, roughly cut noodles.

Bring a skillet sprayed with nonstick spray to medium heat. Cook and stir noodles until moisture has evaporated and noodles are hot, 1 - 2 minutes.

Add cheese sauce, garlic powder, and salt. Cook and stir until sauce has coated noodles and entire mixture is hot, about 2 minutes.

MAKES 1 SERVING

HG Tip: Use regular shirataki noodles to save even more calories!

HG Alternative: Anthony's Cheddar Cheese Powder is ridiculously amazing! If it's currently unavailable on Amazon, sign up for an email alert from Amazon for when it's back in stock. Or try [this version by Hoosier Hill Farm!](#)

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