

Low FODMAP mac and cheese

Author: Karlijn Total Time: 35 min Servings: 4 1x Diet: Gluten Free



A delicious gluten-free and low FODMAP mac and cheese. Creamy, hearty and cheesy! Easy to make from scratch. Low in lactose.

INGREDIENTS

- 300 g (10.6 oz) gluten-free macaroni
- 90 g (3.2 oz) butter
- 75 g (1/2 cup) gluten-free flour
- 750 ml (3 cups) lactose-free full-fat milk
- 1/2 tsp salt
- 1/2 tsp pepper
- 1 tsp mustard
- 225 g (8 oz) grated cheddar cheese
- Optional: gluten-free breadcrumbs

INSTRUCTIONS

1. Preheat the oven to 180C (350F).
2. Boil the macaroni according to the instructions on the package.
3. Melt the butter in a saucepan. Add the flour and cook this for two minutes on low heat.
4. Add the milk little by little while mixing it with a whisk.
5. Keep stirring the sauce and cook for about 5-10 minutes on low heat until it has thickened.
6. Take the sauce off the heat and stir in the cheese little-by-little.
7. Taste and add salt, pepper, and mustard to taste.
8. Drain the macaroni and save some of the cooking water
9. Put the macaroni into an oven dish.
10. Pour the sauce on top and stir well. Add a little bit of cooking water if necessary.
11. If you like a crunchy topping, you can top the mac and cheese with some gluten-free breadcrumbs.
12. Bake the low FODMAP mac and cheese in the oven for 20 minutes.

Find it online: <https://www.karlijnskitchen.com/en/low-fodmap-mac-and-cheese/>