

Spinach Artichoke Chicken Mac & Cheese

THM-Friendly: S

- 1 - 13.25 oz. box Dreamfield's Elbow Macaroni, cooked and drained
- 1 rotisserie chicken, meat removed from bones
- 2 Tbsp. butter
- 2 Tbsp. oat fiber
- 1 cup unsweetened nut milk
- 1/4 cup half and half
- 1 cup mozzarella cheese, shredded
- 1/4 cup Parmesan cheese (green can is okay)
- 3 oz. cream cheese
- a sprinkle of cayenne
- 1 tsp. garlic, chopped
- 1/2 tsp. mineral salt
- 6 oz. frozen spinach
- 1 can artichoke hearts, chopped



Preheat oven to 350°.

Melt butter, then add oat fiber and whisk. Simmer 1-2 minutes.

Add almond milk and half and half,; let simmer another 1-2 minutes.

Then add seasonings and cheeses. Melt everything together.

Add artichokes, spinach, and chicken.

Combine in a 9x13" pan with pasta.

Bake for 30 minutes until golden and scrummy.

enJOY!!

Notes: try this with adding 1/4 cup Buffalo Sauce. You're welcome!

