

Recipe for

Vegan Cheese Sauce



SERVES 8

PREP TIME/TOTAL

TIME Approx 5 min/ 10 min

NUTRITION INFORMATION

Total Calories 931

Calories per serving 116 g

Fat 5.2 g

Protein 4.7 g

Carbohydrates 14.6 g

Fiber 2.8 g

INGREDIENTS

2 cup boiled potatoes

1 cup boiled carrots

2/3 cup cashews (presoak in water for 1-2 hours). May add a few more cashews if extra creamy desired

1/2 cup of water

1/3 cup nutritional yeast

1 tablespoon lemon juice

1 teaspoon salt

1/2 teaspoon onion powder

1/4 teaspoon garlic powder

Pinch of paprika or cayenne if you want a little extra kick(optional)

DIRECTIONS

For best results, use a high speed blender such as Vita Mix, Blendtec or Ninja

Add water to the blender first followed by nutritional yeast, lemon juice, and

spices and blend for 30 seconds. Blend intermittently and add the potatoes

and carrot 1/2 to 1 cup at a time. Blend for an additional 2-3 minutes and

Enjoy!



Grocery List

VEGAN CHEESE SAUCE



Produce

- Potatoes
- Carrots
- 1 Lemon



Seasoning

- Nutritional Yeast
- Salt
- Onion Powder
- Garlic Powder
- Paprika/Cayenne (optional)



Nuts/Seeds

- Cashews