

Cheese Sauce

Preparation Time: 20 minutes

Complexity: Easy

2 cups	water
¼ cup	Pimento, chopped and unpickled or roasted red peppers
2 tbsp	nutritional yeast flakes
½ tsp	salt
½ tsp	onion powder
½ tsp	garlic powder
3 tbsp	cornstarch
1 cup	raw cashew pieces
1 ½ tbsp	lemon juice



1. Place all ingredients in a blender. Blend until smooth.
2. Pour mixture into a saucepan.
3. Cook over medium heat, stirring constantly until mixture becomes thick.

CHIP Tips:

- Serve warm over pasta, steamed broccoli, or baked potatoes. Can also be served over baked corn chips for nachos topped with fresh diced tomatoes, chopped green onions, and sliced black olives.
- Refrigerate until firm to use as “cheese spread”

Makes: 3 cups

Nutritional Information

1/3 Cup Serving	78 Calories	2g Prot (10%)	6g Carb (31%)	5g Fat (58%)	1g Sugar
	1g Fiber	102mg Sodium	0mg Cholesterol	6mg Calcium	