

# GLUTEN & DAIRY FREE

## *cheese sauce*

The best cheese sauce ever. It is good on veg, pasta, potatoes... lasagne - whatever you would normally add cheese sauce to. Enjoy this dairy, gluten and guilt free sauce.

### INGREDIENTS

- 2 large potatoes
- 1 medium carrot
- 2 chillies (optional)
- ¼ cup raw cashews
- Juice of half a lemon
- 1 teaspoon salt
- 1 teaspoon paprika
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1/3 teaspoon cayenne pepper
- 1/3 red onion
- 1 tablespoon apple cider vinegar
- ½ cup nutritional yeast
- 1 cup water

### INSTRUCTIONS

1. Place your chopped potatoes, carrots and onion in a pot with 1 cup of water and bring to a boil. Lower the heat and simmer covered for 10 minutes or until vegetables are soft.
2. Place your cooked vegetables and water into your high speed blender and add the remainder of your ingredients. Blend on high for 1 minute.
3. Enjoy over potatoes or steamed or roasted veg or store in a glass jar/ bottle in the fridge for up to a week.



MAKES  
700ML



PREP TIME  
10 MIN



COOK TIME  
10 MIN



TOTAL TIME  
20 MIN