

Plant Based Cheese Sauce

We couldn't believe how delicious this non-dairy cheese sauce tasted. Inspired by consuming plant based options, this sauce is a healthy option for your Sunday Broccoli and Cheese side dish or put it on top of nachos or french fries for a tasty weekend snack. You'll be surprised how closely it resembles CHEESE!

Ingredients

- 1 1/4 C. yellow potatoes, boiled
- 1/2 C. carrots, boiled
- 1/4 C. raw cashew nuts, presoaked
- 1/2 tsp. salt
- 2-3 Tbsp. nutritional yeast flakes (more if you enjoy the flavor)
- 2 Tbsp coconut oil
- 2.5 Tbsp water
- 1.5 tsp. lemon juice
- 2 cloves garlic, pressed
- 1 tsp. onion powder
- 1 tsp. garlic powder
- 1 tsp. cumin
- pinch of cayenne (optional)
- dash of Sriracha (optional)

Instructions

- Boil the potatoes and carrots until very soft.
- Make sure you presoak your RAW cashews for at least 4 hours. Or soak in boiling water for 30 minutes.
- Blend all ingredients on high in blender until the cheese is really smooth. This can be stored in refrigerator for up to a week.

Notes

- This cheese will melt just like real cheese & has the mouth feel of it as well! It is important to heat up for a few second (in the micro or on your stove top) to get it back to its cheesie state. Enjoy!

