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Cheese Sauce

By Gemalli Austin, DrPH, RD

Ingredients

- 1/2 raw cashews
- nutritional yeast flakes (2 TBS)
- lemon or lime juice (2TBS)
- onion(1TBS)
- garlic (1/2 tsp)
- turmeric (1/2 tsp)
- sundried tomatoes or can bell peppers (2TBS)
- mellow white miso (1 heap)
- smoked paprika (1 tsp)
- 1/4 cayenne or chipotle pepper
- 1/2 cup of water

Instructions

1. 1/2 raw cashews (soak overnight or for 1 hour in boiling water.)
2. Drain and rinse the soaked cashews.
3. In a blender, add cashews, nutritional yeast flakes (2 TBS), lemon or lime juice (2 TBS), onion (1 TBS), garlic (1/2 tsp), turmeric (1/2 tsp), sundried tomatoes or can bell peppers (2 TBS), mellow white miso (1 heap), smoked paprika (1 tsp), 1/4 cayenne or chipotle pepper, 1/2 cup of water.
4. Blend all ingredients until smooth
5. Use a cheese sauce for burritos, potato bar and etc.