



# Vegan Cheese Sauce

(potato & carrot version)

## Ingredients

2 cups peeled potatoes, diced large  
1/2 cup carrots, diced large  
2 cups water or organic vegetable broth  
1 teaspoon salt  
1 T fresh lemon juice  
1/2 cup nutritional yeast flakes  
1 teaspoon onion powder  
1/4 to 1/2 teaspoon garlic powder  
1/8 teaspoon cayenne  
1/4 cup non-dairy milk (rice, almond, oat, etc.)

## Instructions

Boil or steam potatoes and carrots in 2 cups water or vegetable broth until soft, reserving cooking liquid. Place cooked potatoes, carrots and 1 1/2 cups of cooking water or broth in a blender. Add remaining ingredients and blend until the mixture is smooth and creamy. Warm cheese sauce over low heat on stovetop or 1-2 minutes in microwave before serving.

Great on baked potatoes, steamed broccoli or cauliflower, noodles, nachos, etc.

Keep refrigerated. Best if used within three days.

Adapted from recipe supplied by Grace Emori

