

Vegan White Cheese Sauce

Ingredients:

1/2 cup raw cashews

2 cups HOT water

3 tablespoons tapioca or potato starch

2 tablespoons nutritional yeast flakes

Juice from ½ lemon

1 teaspoon salt

1/2 teaspoon garlic powder

1/8 teaspoon liquid smoke (optional)

Directions: Combine ingredients in a powerful blender and blend on high speed for 2-3 minutes, until creamy.

Adapted from Heritage Health Foods