

Plant Based "Cheese" Sauce

12 SERVINGS 15 MINUTES



INGREDIENTS

2 cups Oats (rolled)
1/2 cup Nutritional Yeast (or Plant Based Parm)
1/4 cup Cornstarch
2 tsp Dried Onion Flakes
1 tbsp Garlic (minced)
1 tsp Sea Salt
12 ozs Roasted Red Peppers (including the liquid)
1 tbsp Lemon Juice
1/4 tsp Liquid Smoke
4 cups Water (warm)

NUTRITION

AMOUNT PER SERVING

Calories	74	Fiber	2g
Fat	1g	Sugar	1g
Saturated	0g	Protein	3g
Trans	0g	Cholesterol	0mg
Carbs	12g	Sodium	286mg

DIRECTIONS

- 01 Using a high speed blender with the ability to cook food (ex. Vitamix), blend on high for 5 minutes or until sauce begins to thicken. You can hear the blender motor slow down and the sound deepens as the sauce thickens.
- 02 Once thickening has begun, stop the blender and quickly transfer to a large container (that holds at least 6 cups) or several smaller containers with lids. The cheese sauce will continue to thicken as it cools even slightly.
- 03 Store in the refrigerator for up to 5 days (if it lasts that long).

NOTES

SERVE

With nacho chips, as a base for queso, rolled up in a tortilla with beans. Let your imagination run wild.

LIKE IT SPICY

Add a little hot sauce, red pepper flakes or cayenne pepper to the sauce.