

VEGAN CHEDDAR CHEESE SAUCE # 1

INGREDIENTS

- 3 C Raw cashews
- 3 C Water
- 1/4 C Lemon juice
- 3/4 C Nutritional yeast
- 1/4 C Onion (chopped)
- 2 t Sunflower seed oil
- 1 t Salt
- 1 t Garlic powder
- 1 t Tamari sauce (low sodium)
- 1/2 t Tumeric (ground)
- 1 pinch Cayenne pepper (to taste)



DIRECTIONS

- 1 Place cashews in a large bowl & pour enough water over cashews to cover
- 2 Soak the cashews for at least 12 hours - overnight is best
- 3 Drain the water & place the cashews in a blender with the lemon juice
- 4 Pour additional water until you're just 1/4 inch below the top of the cashews
- 5 Process until partially smooth
- 6 Add the remaining ingredients & blend until smooth

VEGAN CHEDDAR CHEESE SAUCE # 2

DIRECTIONS

- 1/3 C Nutritional yeast
- 1/4 t Paprika
- 1/4 t Mustard Powder
- 1/4 t Salt
- 1 T Miso (lite)
- 3/4 C Soy milk **OR** Almond milk



DIRECTIONS

- 1 Mix first 5 ingredients in a bowl & then mix in the 'milk' of your choice
- 2 Heat thoroughly

NOTES

- 1 Use for vegan macaroni & cheese or to drizzle over baked potatoes
- 2 Use for vegan nachos

