

CHEESY SAUCE

INGREDIENTS

- 4 T Extra virgin olive oil (light)
- 5 T Sweet rice flour
- 2 1/2 C Soy milk **OR** Hemp milk **OR** Nut milk **OR** Coconut milk (unsweetened)
- 2 T Nutritional yeast
- 1/2 t Sea salt (to your taste)
- Dash Garlic Powder (or more - to your taste)
- Dash Minced Onion (or more - to your taste)
- 1/2 t Dijon **OR** honey mustard (to taste)
- 1 T Balsamic vinegar (golden) **OR** rice vinegar **OR** lemon juice (to your taste)
- 1/4 t Nutmeg
- 1/2 t Paprika (for orange/red) **OR** Turmeric (for yellow/orange)
- 1/4 C Wine (white) (optional)
- 1 T Almond butter **OR** Sesame Tahina (optional)

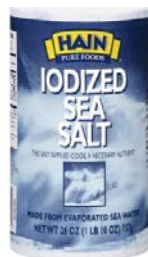
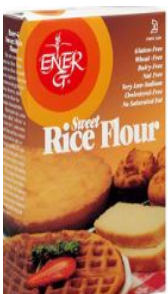


DIRECTIONS

- 1 In a 3 qt. pot, heat the olive oil over medium-heat & stir in the rice flour using a whisk
- 2 Cook & stir the flour for 30 second when it should be a paste
- 3 Continue stiring while you whisk in your choice of milk
- 4 When the mix bubbles & becomes thicker, reduce the heat to low
- 5 Add the nutritional yeast, sea salt, garlic powder, onion powder, mustard, vinegar, nutmeg paprika or tumeric, wine & the almond butter or tahina if you're adding them.
- 6 Continue stirring the sauce over gentle heat for 5-10 minutes & then taste it & decide if you need to add more of the seasoning or wine
- 7 If you do add anything stir & gently heat the mix
- 8 Remove from the heat

NOTES

- 1 Should make approximately 3 C sauce
- 2 Use on pasta, grains, potatoes, vegetables or for casserole fillings







**GREY
POUPO**

MADE WITH WHITE WINE

**DIJON
MUSTARD**

100% PURE
NO ADDED
SUGAR
NO PRESERVATIVES
EXCEPTED

NET WT 16 OZ (454g)

