

# Substitute Cheese Sauce

## Ingredients:

- 2 cups water
- ½ cup cashews (cleaned)
- 2-3 Tbsp. nutritional yeast
- ¼ tsp. garlic powder
- ¼ tsp. butter flavor (optional)
- 4 oz jar pimento
- 2 Tbsp. fresh lemon juice
- ½ tsp. onion powder
- 3 tbsp. cornstarch or arrowroot powder
- ½ tsp. salt (or less)



Servings: 12



\*SOY FREE

## Instructions:

1. Blend all ingredients in blender until very smooth.
2. Cook until thickened, stirring constantly.
3. Remove from heat and cool.
4. Use as dip, spread, or sauce over vegetables.  
Makes about 3 cups.

## Nutrition Facts

12 servings per container  
Serving size 1/4 cup (59g)

Amount per serving

**Calories 40**

% Daily Value\*

**Total Fat** 2g 3%

Saturated Fat 0g 0%

Trans Fat 0g

**Cholesterol** 0mg 0%

**Sodium** 100mg 4%

**Total Carbohydrate** 4g 1%

Dietary Fiber 1g 4%

Total Sugars 1g

Includes 0g Added Sugars 0%

**Protein** 1g

Vitamin D 0mcg 0%

Calcium 6mg 0%

Iron 1mg 6%

Potassium 36mg 0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.