

Vegan Cheese



Serves: 10

Nutrition Facts

10 servings per container
Serving size **1/3 cup (72g)**

Amount per serving
Calories 120

	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 270mg	12%
Total Carbohydrate 10g	4%
Dietary Fiber 3g	11%
Total Sugars 1g	
Includes 0g Added Sugars	0%

Protein 4g	
Vitamin D 0mcg	0%
Calcium 8mg	0%
Iron 0mg	0%
Potassium 275mg	6%

*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.

Ingredients:

- 2 medium carrots (1 cup diced)
- 2 medium potatoes (2 cups diced)
- 1/2 cup water
- 1/3 cup olive oil
- 1 tablespoon lemon juice
- 1/2 cup nutritional yeast
- 1 teaspoon salt
- 1/4 teaspoon onion powder (optional)
- 1/4 teaspoon garlic powder (optional)
- 1/8 teaspoon cayenne (optional)
- 1/2 teaspoon McKay's Chicken-Style Vegan Seasoning (optional)

Directions:

1. Peel the carrots and potatoes, and cut into a large dice.
2. Steam or boil the diced carrots and potatoes until they are soft.
3. Place all the ingredients including the cooked potatoes and carrots into a blender. Blend until the mixture reaches a smooth consistency.
4. If not serving immediately, store the vegan cheese in a sealed container for 3-4 days.