



Cashew “Cheese” Sauce

PREP TIME: 5 MIN

COOKING TIME: 10 MIN

ADDITIONAL TIME: 1 HOUR

YIELDS: ABOUT 4 SERVINGS

Ingredients

2 cups peeled, chopped potatoes
1/2 cup peeled, chopped carrots
1/4 cup raw cashews (soaked for 1 hour in warm water)
1/2 cup water (use water from cooked vegetables)
1/4 cup nutritional yeast flakes
1 tbsp lemon juice
1 tsp tahini paste (optional)
1 tsp onion powder
1 tsp garlic powder
1 tsp sea salt

Directions

1. Boil the potatoes and carrots in water over medium heat in a saucepan for about 10 minutes.
2. Scoop out the potatoes and carrots using a large slotted spoon and transfer to a high-speed blender.
3. Add 1/2 cup of the water used for cooking the potatoes and carrots into the blender.
4. Add the cashews and remaining ingredients and blend until smooth and creamy.

