

Cheez Sause

Pampered Chef
Independent Consultant

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Ingredients

1 1/2 cup hot water
1 cup raw cashews
1 1/2 cup hot cooked millet
2 tsp salt
1/2 cup pimentos and juice
(or 1/2 to 1 raw red bell pepper)
1/3 cup nutritional food yeast flakes
3 Tbsp lemon juice
1 cooked and peeled potato, opt.
1 tsp granulated onion, opt.

Cooking Instructions

-Blend cashews and water
-Add the other ingredients one at a time
-Blend until satin-smooth. If mixture is too thick to blend, add a little more water
-until a small hole appears on top. Refrigerate.
Keeps 2 weeks. Very good over baked potatoes or whole grain macaroni.



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4.9 ★★★★★

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