

UC-VEG

Umpqua Community Veg Education Group

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Quick Melt Cheese

- 1 C water
- 2 oz pimentos
- ¼ C nutritional yeast
- ½ C cashews, rinsed
- 2 T arrowroot powder, level
- 1 T oats
- 2 t. salt
- ¼ cup chopped onion
- 1 ½ C boiling water

Blend first eight ingredients until smooth. Bring water to a boil in a sauce pan. Turn heat to low and add blended mixture to sauce pan, simmer stirring constantly with a whisk until thickened. This is a quick and easy sauce for topping baked potatoes, pasta, vegetables, casseroles or chips. Yields approximately 3 Cups

2 T serving 22 calories. 1 gram fat; 149 sodium; 2 grams carbs; 1 gram fiber; 0 sugar; 1 gram protein