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