



Cooking, Healing & Prayer

Cheese Sauce

INGREDIENTS

1 cup water
½ cup raw cashews
4 ounces pimentos, drained, or ½ red or orange bell pepper
¼ cup oatmeal

1 to 1½ teaspoons salt
2 tablespoons oil
⅓ cup nutritional yeast flakes
1 teaspoon onion powder
1 tablespoon lemon juice
⅓ cup Daiya cheese shreds (optional)

1½ cups boiling water

DIRECTIONS

1. Blend first four ingredients well.
2. After blending add all but boiling water.
3. Add boiling water and reblend.
4. Pour in pot and boil for 2 minutes.

Servings: about 3 cups