

## Nacho Cheeseless Sauce

### Ingredients:

13.5 fl oz light coconut milk  
1 cup water  
1.5 tsp salt  
1 TS onion powder  
1/4 cup nutritional yeast  
1/2 cup raw cashews  
1/2 raw red bell pepper  
3 TS lemon juice freshly squeezed  
2 TS corn starch  
1/2 tsp turmeric



\*GLUTEN-FREE



\*VEGAN

### Nutrition Facts

11 servings per container  
Serving size 1/4 cup (76g)

Amount per serving  
**Calories** **70**

% Daily Value\*

Total Fat 4g 5%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 330mg 14%

Total Carbohydrate 6g 2%

Dietary Fiber 1g 4%

Total Sugars 2g

Includes 0g Added Sugars 0%

Protein 2g

Vitamin D 0mcg 0%

Calcium 8mg 0%

Iron 0mg 0%

Potassium 40mg 0%

\*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

### Instructions:

1. Place all the ingredients in a blender and blend well until smooth.
2. Pour the mixture into a pot and under medium heat stir constantly until it thickens to the desired consistency. Note that if you have leftovers to eat the next day, the mixture will thicken up even more when it cools down.
3. Keep leftovers in the refrigerator in an airtight container and consume in 5 days.

\*This recipe can be also used as a dip for vegetables, and as a sauce for whole wheat pasta or zucchini noodles .

Modified by Maggie Carneiro from a friend's recipe