

Nacho cheese

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE

SERVINGS: 8 SERVING SIZE: 8 oz.

Ingredients	Qty.	Measure
Potatoes	2	cups
Carrots	1	cup
Extra virgin olive oil	1/3	cup
Water	½	cup
Lemon juice	1	Tbsp.
Nutritional yeast	½	cup
Salt	1	Tsp.
Garlic Powder	½	Tsp.
Onion Powder	½	Tsp.
Cayenne	1	Dash

Preparation

1. Boil potatoes and carrots till tender about 20 minutes.
2. When done drain and reserve liquid.
3. Put all ingredients in a blender and blend until smooth.
4. If cheese is too thick add a little of the reserved liquid.

Serving Information

Cook elbow noodles and pour cheese over noodles for mac & cheese.

Nutrition Information *From USDA Nutrient Database