

NACHO CHEESE

Makes 2 cups serve warm or cold.



EQUIPMENT

Blender

Sauce pan

Stove

Wooden spoon

Fridge



INGREDIENTS

- 2 ½ cups filtered water
- ¼ Chia seeds
- 6 Tbs nutritional yeast
- 2 Tbs of gluten free flour (used corn)
- 2 Tbs starch (used corn)
- 2 Tbs garlic
- 2 tsp onion powder or granules
- 1 ½ tsp paprika
- 1 tsp sea salt
- ½ tsp cayenne pepper
- 5 drops of Tabasco sauce
- 2 Tbs non-dairy butter
- 1 Tbs rice vinegar or lemon juice (used lemon juice)
- Chives for topping



METHOD

1. Put all the ingredients in a blender.
2. Then pour into a sauce pan, and whisk over low to medium heat until thick. Do not leave it or it will stick to the bottom of the pot. It will thicken more once removed from the heat, and cooled.
3. Refrigerate and before serving add some chives for colour and yummy goodness.

