



Creamy Vegan Cheese Sauce with Nutritional Yeast



Ingredients:

- 1/2 cup raw cashews (soaked in hot water 15–30 minutes, then drained)
- 1/4 cup nutritional yeast
- 1/2 cup unsweetened plant-based milk (like almond, oat, or soy)
- 1 tbsp lemon juice
- 1 tsp apple cider vinegar
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp turmeric (for color, optional)
- Salt to taste
- Optional: 1–2 tsp Dijon mustard for tang



Instructions:

1. Soak cashews in hot water for 15–30 minutes, then drain.
 2. Add all ingredients to a high-speed blender.
 3. Blend until smooth and creamy—add more plant milk to thin if needed.
 4. Taste and adjust: add more lemon for brightness, yeast for cheesiness, or salt to deepen flavor.
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🔥 Optional Variations:

- Add 1–2 tbsp cooked carrot or sweet potato for color and sweetness.
- Spice it up with a pinch of smoked paprika or chili flakes.
- Use as a base for mac and cheese, dip, quesadillas, or flatbread pizza.

