

fat free vegan cheese sauce



4.8 from 13 reviews

author: Simple Vegan Blog

prep time: 5 mins

cook time: 20 mins

total time: 25 minutes

yield: 4-6

Everybody loves vegan cheeses, so we want to share with you this fat-free vegan cheese sauce, which is inspired in our popular vegan cheese recipe.

ingredients

- 2 cups chopped peeled potatoes (360 g)
- 1 cup chopped carrots (135 g)
- 3/4 cup water (190 g)
- 4 tbsp nutritional yeast
- 3 tbsp soy sauce or tamari
- 2 tbsp lemon juice
- 2 tsp garlic powder

instructions

- 1** Steam or boil the potatoes and carrots for about 20 minutes or until soft.
- 2** Put all the ingredients in a blender and blend until smooth.

find it online: <https://simpleveganblog.com/fat-free-vegan-cheese-sauce/>

