

"Cheese" sauce



- 1 C water,
 - 2 Tbs lemon juice,
 - 1 sweet red bell pepper,
 - 1/2 C raw cashews,
 - 1 tsp onion powder,
 - 1/4 C nutritional yeast,
 - 2 tsp sea salt,
 - dash red pepper flakes (optional).
- Later add:
- 1 C boiling water,
 - 1/2 C clear jel (modified corn starch)

Assemble ingredients. Cut up red bell pepper and remove seeds. Place 1 C water, lemon juice, red bell pepper, cashews, onion powder, nutritional yeast, and sea salt in Vita Mix or Blend Tec blender (Sorry a regular blender won't work for this). Puree for about 5 minutes until you see heavy steam. Add 1 cup boiling water and 1/2 C clear jel. Puree until thickened. "Cheese" sauce is excellent with corn tortilla chips. Store in refrigerator. Can be reheated in microwave if desired.