

Nacho Cheese Sauce

Ingredients:

1 large potato, diced
1 carrot, diced
1 tsp turmeric (optional)
½ tsp garlic powder
½ tsp cayenne
1 TBL lemon juice
1 tsp sea salt
½ tsp black pepper
¼ cup steaming water or vegetable stock

Directions:

Blend to desired consistency. Good on steamed vegetables.