



VEGAN CHEESY DIP SAUCE

INGREDIENTS

- 1 1/2 cups peeled and chopped potato
- 1 cup peeled and chopped carrots (about 2-3 carrots)
- 2 cups unsweetened non-dairy milk
- 1/2 cup nutritional yeast
- 3 tablespoons olive oil
- 1 tablespoon lemon juice
- 1 tablespoon organic salt
- 1 tablespoon cornstarch
- 1/2 teaspoon onion powder
- 1/2 teaspoon garlic powder
- 1/2 teaspoon smoked paprika



This is the closest thing to nacho cheese on the vegan menu. Use as a dip, and you've got a party-ready recipe.

DIRECTIONS

1. Add the potatoes and carrots to a medium pot and cover with water. Bring to a boil, and cook for about 10 minutes, until fork tender.
2. While the vegetables are boiling, add all the other ingredients to a blender.
3. Drain potatoes and carrots, then add them directly to the blender with the other ingredients.
4. Serve over tortilla chips or as a dipping sauce and enjoy! Store leftover sauce in refrigerator for up to 4 days.

BENEFITS

- Potatoes calm nerves! Potatoes contain tryptophan, an amino acid with natural sedative properties.
- Because of their alkaline nature, potatoes help detoxify and balance excess acidity in the body.