
Red Mill
HEMP SEED
HEARTS



20 Minute Cheese Sauce Under 10-Ingredients:

Ingredients:
- 4 russet potatoes, peeled and chopped
- 1 medium onion, peeled and chopped,
- 2 small carrots, peeled and chopped
- ½ cup nutritional yeast
- ½ tsp garlic powder
- dash black pepper
- dash turmeric
- ⅓ cup hemp seeds
- ¼ cup veggie broth
- ¼ cup + 2 tbsp plant based mylk
- 1.5 tsp smoked paprika (*add for a nacho/Mexican flavor)

Directions:
1. Boil the potatoes, onions, and carrots until the potatoes are able to be poked all the way through and even split apart with a fork.
2. Strain all the water from the boiled veggies and then put them in a blender along with all of the other ingredients.
3. Blend on high until it is SUPER smooth, creamy and thick. Use this mixed with pasta, as a dipping sauce, on tacos, with buddha bowls… anything! It is one of my all time favorite recipes!