



VEGAN HIGH PROTEIN CHEESE SAUCE

This low fat, quick vegan cheese sauce is made from tofu. It has a creamy texture despite no cream or cheese added.

 5 minutes
 10 minutes
 2 portions

INGREDIENTS

- 1 Pack of satono Yuki Tofu Silken (300 g)
- 1 tsp of spices, turmeric, ground (3 g)
- 15 grams of white Miso Paste
- 15 grams of apple cider vinager
- 1 tsp of spices, garlic powder (3 g)
- 20 grams of free and Easy Cheese Flavour Sauce Mix
- 30 grams of marigold Engevita B12 Yeast Flakes

COOKING METHOD

- 1° Blend all ingredients in a food processor or blender
- 2° Warm through and add to cooked pasta and serve
- 3° This sauce can be added to lasagne, used as a warm dip for bread and many other things.

NUTRITIONAL INFORMATION

	PER 100 g	PER PORTION (193 g)	% DRI
ENERGY	103 kcal	200 kcal	10 %
PROTEIN	9 g	18 g	36 %
CARBOHYDRATE	5 g	9 g	3 %
SUGARS	0 g	0 g	0 %
FAT	5 g	9 g	13 %
FATTY ACIDS, TOTAL SATURATED	0 g	0 g	0 %
FIBER	0 g	0 g	2 %
SODIUM	1 mg	2 mg	0 %