

Herbal Legacy Recipes

CHEEZY SAUCE

INGREDIENTS:

- 1 ½ cup raw cashews
- ¾ cup chopped red bell pepper
- 2 garlic cloves
- ½ cup nutritional yeast
- 3 Tablespoons fresh lemon juice
- ½ teaspoon chili powder
- ½ cup water
- ½ teaspoon sea salt



DIRECTIONS:

1. Place all ingredients in blender. (Wet ingredients first!)
2. Blend until smooth.
3. Use as a sandwich spread, a dip for crackers or veggies, for nacho cheese, or anything else you want to use it for.

Recipe from: <http://simplehealthytasty.com/>

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<http://www.herballegacy.com/Recipes.html>

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