
Dairy-Free Sweet Potato Cheese Sauce

Cook Time: 30 min

prep Time: 10 min

total Time: 40 min

servings: 4

Ingredients:

1/2 cup (75g) raw cashews, soaked 4 hours
3/4 cup (around 220g) cooked sweet potato
2 tablespoons buttery coconut oil or ghee
2/3 cup (180ml) water or vegetable stock
2 tablespoons nutritional yeast
1 tablespoon white miso paste (optional)*
1 tablespoon apple cider vinegar
1/2 teaspoon garlic powder
1/4 teaspoon onion powder
1/4 teaspoon turmeric powder
1/4 teaspoon salt (omit if using stock or miso)
1/8 teaspoon black pepper

*For that umami flavor from the miso, another option would be to use soy sauce or tamari instead.

Instructions:

1. Make sure the cashews are soaked and the sweet potato is cooked in advance. See the introduction about how to bake the sweet potato.
2. Add all the ingredients to a blender and blend until smooth. Taste and adjust the seasoning to your liking if needed.
3. Serve warm or at room temperature. Any leftovers can be stored in an airtight container in the fridge for up to 3 days.

Notes:

Store in the fridge in an air-tight container for up to 3 days.