



Cashew Bechamel Sauce

This sauce is amazing and was a total game changer for my dishes! I use this for my lasagnes, moussakas and pasta bake dishes, super tasty and super healthy.

Serves 6 portions.

Ingredients

- 100g Cashew Nuts
- 400ml oat milk
- 1 tbsp of nutritional yeast
- Juice of ½ lemon
- Dash of sea salt
- Dash of garlic pepper and garlic powder

Method

- Soak your cashew nuts in boiling water for 10 minutes.
- Drain the nuts and place in a blender with the rest of the ingredients.
- You may need to vary nuts and milk depending on your serving size of a meals.
- Feel free to adjust seasonings as you wish.