

CHEESE DIP

STUFF YOU NEED

2 to 3 potatoes, peeled and cubed

2 to 3 carrots, peeled and sliced

1/2 onion, cut in chunks

Water to cover vegetables, about 1 inch

1/2 cup water

1/3 cup extra virgin olive oil

1 1/2 tsps Himalayan pink salt or salt of your choice

1 Tbsp lemon juice

1/2 cup nutritional yeast flakes

1/4 tsp garlic powder

1/4 tsp onion powder

1/2 tsp of your favorite chicken-like seasoning

See recipe for Chicken-like seasoning on pages 178-179

LET'S COOK!

Boil potatoes, carrots, and onions softened

Drain water.

Add vegetables to a high-speed blender together with the remaining ingredients

Blend until smooth