

# Easy Vegan Mexican Cheese Sauce

Yield: 4 min  
Total Time: 10 min

Recipe from: <https://www.recipeschoose.com/recipes/vegan-mexican-cheese-sauce-recipe>

## Ingredients:

- 3/4 cup raw cashews SEE NOTES
- 3/4 cup salsa I used Trader Joes medium heat, this makes it spicy, if you don't want it too spicy, use a mild salsa
- 3/4 cup water
- 6 tablespoons nutritional yeast I highly recommend this Sari brand, it is non-fortified with much better taste.
- 3 teaspoons ground cumin to preferred taste
- 1/2 teaspoon salt

## Nutrition:

1. Calories: 230 calories
2. Carbohydrate: 19 grams
3. Fat: 14 grams
4. Fiber: 7 grams
5. Protein: 13 grams
6. SaturatedFat: 2.5 grams
7. Sodium: 600 milligrams
8. Sugar: 3 grams

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