

Whole Food Plant Based Grilled Cheese

By: The Jaroudi Family

Makes 4 sandwiches

Ingredients:

Cheese Sauce:

1 cup raw cashews (or cooked white beans) [130 g]

3/4 cup plant milk

1/4 cup tapioca starch [30 g]

3 Tbsp nutritional yeast

1 Tbsp white miso paste

2 tsp lemon juice

1 tsp onion powder

1 tsp garlic powder

1 tsp smoked paprika

1/4 tsp turmeric powder

1/8 tsp black pepper

8 slices of Ezekiel 4:9 Bread Sprouted Grain Low Sodium* or our sos-free sourdough bread.

Directions:

- 1.) Add all the cheese sauce ingredients in a high-speed blender and blend until smooth.
- 2.) Pour the cheese sauce into a small saucepan and cook on medium-high heat. Cook for around five minutes, stirring constantly until the sauce thickens and becomes stretchy. Remove from heat.
- 3.) Toast the bread and spread a generous amount of cheese sauce on the bottom piece. Add the top piece of toasted bread.

Notes:

Serve with our tomato soup recipe, or add a tomato slice to the grilled cheese.