

Genesis
Health
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Natural Ways
To Take Back Your Health

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Potato Carrot Cheeze

INGREDIENTS:

- 2 Cup Peeled and diced potatoes
- 3/4 Cup Peeled and diced carrots
- 1/2 C nutritional yeast flakes
- 1/4 C oil
- 2/3 C water
- 1 TBS lemon juice
- 1 1/2 tsp salt

DIRECTIONS:

- Boil potatoes and carrots together until tender.
- Cool and put in high speed blender.
- Add rest of ingredients and blend smooth. Mixture will be thick, may need to blend in two batches. Add more water for thinner cheeze.
- OPT: add jalapeño for nacho cheeze; mix with Salsa and refried beans



