

# Recipe Card

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## Vegan Nacho "Cheese" Dip

Recipe by: Vegan Yumminess

Serves 6

Prep time: 5 minutes

Total time: 20 minutes

### Ingredients:

- 2 cups peeled, boiled, and mashed potatoes (requires about 2 - 2 1/2 medium potatoes)
- 3/4 cups peeled, chopped, and boiled carrots (I used 2 large peeled carrots cut in 1 inch pieces)
- 1/2 cup nutritional yeast flakes
- 1/3 cup extra virgin olive oil
- 1/3 cup water
- 1 tablespoon lemon juice
- 1 1/2 teaspoon salt

### Directions:

1. Boil your potatoes and carrots until they are fork tender, then measure them into your blender. Make sure your potatoes are mashed/packed into your measuring cups. The carrots can be loosely measured
2. Place all ingredients in your blender. I use Vitamix.
3. Blend on high for about 30 seconds, or until mixture is completely smooth.
4. Serve immediately with chips or crackers or toast, or whatever you very well please. Refrigerate leftovers in an airtight container for up to 1 week. Reheat leftovers on low on the stove (stirring constantly) or in the microwave for 30 seconds to 1 minute.

<http://www.healthiestbest.com/quick-and-healthy-meals>