

Horseradish Béchamel

Swick

Makes 3 cups | Active Time: 30 minutes | Total Time: 30 minutes

Step 1: Preparing the Béchamel

- 1 cup raw cashews, soaked in water for a few hours to soften, drained
- 2 cups unsweetened soy milk
- 2 cloves garlic
- 2 tbsp onion granules
- 3 tbsp lemon juice
- 1 tbsp agave
- 3 tbsp prepared horseradish
- 2 tbsp nutritional yeast (optional)
- 1/2 tsp sea salt
- pinch of white pepper

To prepare the Béchamel, in a high-speed blender add all ingredients and combine until smooth.