

This Recipe is not diet specific; You will need to make substitutions.

White Sauce

****Don't know but this sounds like it might be good on potatoes or pasta.****

3/4 cup Mocha Mix Non-Dairy Creamer

3/4 cup water

1/4 tsp. salt.

Dash white pepper (optional)

3 TBS. Cream of Rice

1. Combine the Mocha Mix, water, salt and pepper in a sauce pan and bring to the boiling point.
2. Add the Cream of Rice and stir for 30 seconds. Remove from the heat, cover and allow to stand for 5 minutes.
3. Spoon into a blender and blend, until smooth. Use immediately for sauces, flavoring to suit the need; or refrigerate, covered, and reheat as needed.

Makes 1 1/2 cups of sauce.