



2495 Caring Way, Suite C  
 Port Charlotte, Florida 33952  
 doctordulaney.com

Jaimela J. Dulaney, M.D., PA

*Our Heart "Beets" Plant Strong*

Jami Dulaney, M.D.

Office: 941-235-9231  
 Fax: 941-235-9236  
 info@doctordulaney.com

## Roasted Red Pepper Nacho Cheez Sauce

### Ingredients:

- 2 cups rolled oats
- ½ cup nutritional yeast flakes
- ¼ cup cornstarch
- 2 tsp onion powder
- 1 12 oz. Roasted Red Peppers in water
- 1 Tbsp lemon juice
- ½ tsp smoked paprika
- 2 cups warm water

### Directions:

1. Place all ingredients in a high speed blender and blend until smooth.
2. Heat sauce in a sauce pan on the stove on low heat, stirring occasionally.

*\*sauce goes well over vegetables, as a topping to a burrito bowl, or as a sauce with chickpea pasta & vegetables*

Nutrition Facts	
Servings 6.0	
Amount Per Serving	
<b>calories</b>	162
% Daily Value *	
<b>Total Fat</b> 2 g	<b>3 %</b>
Saturated Fat 0 g	<b>2 %</b>
Monounsaturated Fat 1 g	
Polyunsaturated Fat 1 g	
Trans Fat 0 g	
<b>Cholesterol</b> 0 mg	<b>0 %</b>
<b>Sodium</b> 205 mg	<b>9 %</b>
<b>Potassium</b> 104 mg	<b>3 %</b>
<b>Total Carbohydrate</b> 30 g	<b>10 %</b>
<b>Dietary Fiber</b> 5 g	<b>20 %</b>
<b>Sugars</b> 3 g	
<b>Protein</b> 7 g	<b>14 %</b>
Vitamin A	<b>7 %</b>
Vitamin C	<b>70 %</b>
Calcium	<b>12 %</b>
Iron	<b>17 %</b>
* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.	