

LEMON SAUCE

INGREDIENTS

2 T Butter **OR** Margarine
4 t Flour
3/4 C Milk
2 T Lemon juice
1/4 t Morton's No-Salt **OR** Salt
1/8 t Cayenne pepper

COOKING INSTRUCTIONS

- 1** Melt butter **OR** margarine in a sauce pot over medium heat
- 2** Stir in the flour to form a smooth paste.
- 3** Gradually stir in milk
- 4** Bring to a boil over medium heat, stirring constantly
- 5** Cook 2 minutes **OR** until thickened
- 6** Remove from heat & stir in lemon juice, salt & cayenne pepper

NOTE

Works well for fish

FLOUR SUBSTITUTES

Coconut flour
Tapioca flour
Quinoa flour
Almond flour
Potato starch
Whole Wheat Pastry flour

MILK SUBSTITUTES

Soy Milk
Almond Milk
Unsweetened Mimic
Creme

