

VEGAN CREAMED SPINACH



INGREDIENTS

1 T	Cornstarch
1 T	Water
1 lb	Spinach (frozen)
1 C	Almond milk (unsweetened)
1 1/2 t	Onion powder
1/4 t	Garlic powder
2 T	Nutritional yeast
1/4 t	Nutmeg
1/8 t	Black pepper
1 t	Almond butter (optional)
Pinch	Salt

DIRECTIONS

- 1 In a small bowl, mix cornstarch & water until blended
- 2 Place the spinach in a strainer & press with the back of spoon to drain the excess water
- 3 In a 3 qt pot, whisk the almond milk, onion powder & garlic powder & bring to a boil
- 4 Slowly add the cornstarch water mix whisking continuously until the sauce begins to thicken
- 5 Reduce the heat & simmer for another 1-2 minutes stirring constantly
- 6 Remove the sauce from the stove & whisk in the remaining ingredients
- 7 Add the spinach stirring gently
- 8 Cover the pot & put it back on the stove top at a low setting
- 9 Allow to simmer 5 - 10 minutes being careful not to overcook the spinach

NOTES

To add color & flavor to your creamed spinach
add sauteed chopped onions & a mix of red, orange & yellow peppers



