

Recipe for: Cream Sauce (White Sauce)

Ingredients:

1 quart almond milk
4 Tbsp. brown rice flour
2 Tbsp. butter

Preparation:

Mix together and whisk over medium heat until thickened.
Add salt and pepper to taste.

*Add this sauce to sautéed veggies, rice pasta or brown rice, and cooked chicken or ground turkey for a complete meal.