

CUT HERE

GF Alfredo Style Cheese® (pronounced "trees") **Sauce Preparation:** Bring 1/2 cup of water to a boil in a saucepan. Slowly add contents of envelope while stirring constantly on medium-high heat until Alfredo Sauce starts to thicken from the bottom of pan. Reduce heat and continue stirring until sauce reaches your desired consistency. **Hint:** For a creamier sauce, add one tablespoon of olive oil or preferred milk product to the saucepan while constantly stirring.

You may store prepared Alfredo Style Cheese® Sauce for 7 days in the refrigerator.

See a cooking video at www.chreese.com/movies

Recipe for Dreamy Fettuccine Alfredo

1. Cook 5 oz of fettuccine noodles according to directions on package.
2. Prepare Alfredo Sauce mix as instructed.
3. Strain noodles and combine with Alfredo Sauce.
4. If desired, add some sautéed mushrooms, and top with fresh cilantro or parsley.

Hint for Lasagna: Prepare Alfredo Sauce as instructed. Then pour sauce over the top layer of lasagna before final 10-15 minutes of baking.

NO ARTIFICIAL FLAVORS, COLORS OR PRESERVATIVES.

DAIRY FREE • SOY FREE • CASEIN FREE • GLUTEN FREE • WHEAT FREE

Nutrition Facts

Serving Size 1 Tbsp (10g) dry mix
Servings Per Container about 3

Amount Per Serving

Calories 35 Calories from Fat 5

%Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Potassium 80mg **2%**

Total Carbohydrate 6g **2%**

Dietary Fiber 3g **14%**

Sugars 0g

Protein 2g

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 2%

Vitamin B12 20% Folate 10%

*Percent of Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Organic Brown Rice Flour, Enriched Nutritional Yeast (nutritional yeast, niacin, pyridoxine hydrochloride, riboflavin [vitamin B2], thiamine hydrochloride [vitamin B1], folic acid, Vitamin B12), Organic Tapioca Starch, Organic Green Lentil Flour, Salt, Organic Garlic Powder, Organic Onion Powder, Organic Oregano, Organic Basil.

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CUT HERE

GF Cheddar Style Cheese® (pronounced "trees") **Sauce Preparation:** Bring 1/2 cup of water to a boil in a saucepan. Slowly add contents of envelope while stirring constantly on medium-high heat until Cheddar sauce starts to thicken from the bottom of pan and turn orange. Reduce heat and continue stirring until sauce reaches your desired consistency. **Hint:** For a creamier sauce, add one tablespoon of olive oil or preferred milk product to the saucepan while constantly stirring. You may store prepared Cheddar Style Cheese Sauce for 7 days in the refrigerator.

See a cooking video at www.chreese.com/movies

Recipe for Cheesy® Dip:

Prepare Cheddar Style Cheese as directed (adding oil or milk product as instructed in the "Hint" above). Serve warm as a dip alongside your favorite raw veggies and whole grain crackers such as Edward & Sons™ Brown Rice Snaps®. To make great Nachos, add chopped peppers (red, green, habanero, chili.), onion, garlic, and tomatoes to taste. Ladle hot over corn tortilla chips or Edward & Sons™ Rice Snax™ with a side of salsa. Olé!

Use Cheese® in place of cheese on all your favorite foods....

NO ARTIFICIAL FLAVORS, COLORS OR PRESERVATIVES.

DAIRY FREE • SOY FREE • CASEIN FREE • GLUTEN FREE • WHEAT FREE

Nutrition Facts

Serving Size 1 Tbsp (10g) dry mix
Servings Per Container about 3

Amount Per Serving

Calories 30 Calories from Fat 0

%Daily Value*

Total Fat 0.5g **1%**

Saturated Fat 0g **0%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 210mg **9%**

Potassium 75mg **2%**

Total Carbohydrate 6g **2%**

Dietary Fiber 2g **8%**

Sugars 0g

Protein 2g

Vitamin A 0% Vitamin C 0%

Calcium 0% Iron 0%

Vitamin B12 20% Folate 10%

*Percent of Daily Values (DV) are based on a 2,000 calorie diet.

INGREDIENTS: Organic Brown Rice Flour, Enriched Nutritional Yeast (nutritional yeast, niacin, pyridoxine hydrochloride, riboflavin [vitamin B2], thiamine hydrochloride [vitamin B1], folic acid, Vitamin B12), Organic Tapioca Starch, Organic Green Lentil Flour, Salt, Organic Garlic Powder, Organic Onion Powder, Organic Mustard Seed, Organic Onion Powder, Annatto Powder.

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Ready in 3 Minutes!

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ALFREDO STYLE
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