

## **General Purpose White Sauce**

Follow these basic recipes to prepare a white sauce that can be used to enhance the flavor of steamed veggies like asparagus, broccoli and cauliflower, or as a creamy sauce for noodles and pasta. The recipe below is for a medium general purpose white sauce. For a thin sauce use 1 tbsp of butter and 1tbsp ChoiceBatter™; for a thick sauce, use 3 tbsp of butter and 3 tbsp ChoiceBatter™.

### Ingredients:

2 tbsp unsalted butter

2 tbsp ChoiceBatter™

1 cup of milk

1/4 tsp salt

Salt and pepper to taste

Melt butter in a sauce pan. Add flour and salt and whisk until smooth. Slowly add the milk while cooking over medium direct heat, constantly stirring until the sauce begins to boil. Reduce the heat and continue stirring until sauce thickens. It's that simple. Toss with cooked noodles, pasta or veggies and enjoy!