

Natural Health Center

January Newsletter & Specials

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Nacho Cheese Sauce

Serves 4 at 115 calories per serving.

4 ounces cream cheese

2 slices American cheese

_ cup goat milk (dairy if you're not into goat)

1 tsp worcestershire sauce (optional)

_ tsp garlic granules

_ tsp cayenne pepper

_ cup salsa

- Place all ingredients in a large saucepan.
- Set burner to medium heat and stir to combine. This will be just to get things broken up as we're waiting for the cheese to melt.
- Keep stirring occasionally as all of the cheese melts.
- You will notice an even, orange color and it will start to bubble, letting you know you're done. This takes about 10-15 minutes.
- Enjoy as nachos with your favorite fixings or as fondue.
- Easily reheats in microwave for future use. I have also frozen this with excellent results. Let it thaw in the fridge before reheating.

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