





White Sauce

BASIC RECIPE

Calcium * ✓
Vitamin D* ✓
Iodine * ✓



Ingredients

- 1 heaped tablespoon (30g) milk-free margarine
- 1 heaped tablespoon (30g) plain flour
- 1 large mug (300ml) unsweetened fortified soya milk or other suitable milk substitute
- Seasoning to taste

Directions

Hob Method:

- Place milk-free ingredients in pan. Heat, whisking continuously until sauce thickens and it is cooked.
- Season to taste

Microwave Method:

- Put the margarine in a bowl and heat for 30 seconds until melted
- .Stir in the flour and whisk in the milk. Cook for 6 minutes, stirring halfway through
- Season to taste

Notes

Use this basic sauce for making lasagne. Herbs or suitable cheese can be added for use with meat or fish.

* When made with a fortified dairy free milk. The milk you choose will affect the vitamin and mineral content

Lactose & Galactose Free Recipe