

# Cream Gravy

A HEALTHY, DELICIOUS, PLANT-BASED RECIPE

Servings: 9

Ingredients	Quantity	Measure
Non-dairy margarine	2	ounces
All-purpose flour	2	ounces
Non-dairy milk, preferably soymilk	2	cups
Salt	1	teaspoon
Black pepper	2	teaspoons

## Preparation

1. Make a roux by combining the margarine, flour, salt and pepper in a saucepan over low heat. Cook until there is a nutty aroma, approximately 3-4 minutes.
2. Slowly add non-dairy milk, whisking until thick and bubbly.

## Nutrition Information

 per serving \*From USDA Nutrient Database

Calories: 99 Total Fat: 6g Saturated Fat: 1g Monounsaturated Fat: 2.6g Polyunsaturated Fat: 2.2g Trans Fat: 0g Cholesterol: 0mg Carbohydrate: 9g Fiber: 0.6g Total Sugar: 2.2g Protein: 2.5g Sodium: 346mg Vitamin A: 52µg Vitamin C: 0mg Calcium: 19mg Iron: 0.5mg Folate: 12µg



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