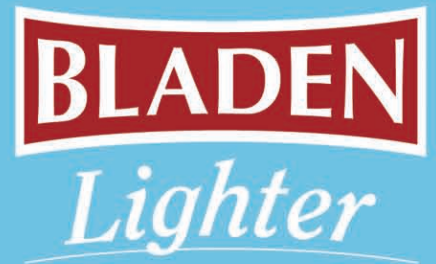


# Recipe



## Low Fat Cheese Sauce

### Ingredients

43g	Plain flour
43g	Cornflour
146g	Water
700g	Water
110g	Skimmed Milk Powder (non fat)
2g	English mustard
Pinch	Ground black pepper
3g	Salt

### Method

1. Mix plain flour, cornflour and 146g of water together to a smooth paste.
2. Mix skimmed milk powder with 700g of water, whisk in to dissolve.
3. Bring skimmed milk to just below boiling point.
4. Add plain flour & cornflour mix, gradually to the skimmed milk, stirring continuously.
5. Add mustard, salt and pepper and cook out on a low heat for 2-3 minutes.
6. Add cheese to the sauce, fold in and cook out for a further 2 minutes and serve.

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