

Basic White Sauce

Ingredients

1 heaped tablespoon (30g) milk-free margarine

1 heaped tablespoon (30g) plain flour

1 large mug (300ml) soya milk or other suitable milk substitute

Seasoning to taste

Method

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