

White Sauce /Cheese Sauce

Ingredients (serves 2):

- 50g butter
- 40g Loprofin Mix
- 250ml Snopro milk

For cheese sauce: add a packet of Quavers, crushed*

*check protein content on label

Method

1. Melt the butter in a pan and gradually add the Loprofin Mix, stirring occasionally.
2. Stir over a gentle heat for 2-3 minutes to make a smooth paste.
3. Remove from the heat and gradually add the Sno-Pro milk.
4. Bring to the boil and cook for 2-3 minutes, stirring continuously - serve immediately.

Chef's Tip: To make cheese sauce stir in crushed Quavers at Step 3.

Recipe provided by Nutricia Ireland