



Organic Yeast Melt



Preparation time: 15 min.
Difficulty: easy

Ingredients

4 tbsp. organic margarine
6 tsp. organic flour
250 ml water
8 tbsp. BIOREAL Organic
Nutritional Yeast Flakes
1 tbsp. mustard
Some salt, pepper
Possibly nutmeg, turmeric



Preparation



- 1 Melt the margarine in a saucepan.
- 2 Stir the flour into the melted margarine with a whisk.
- 3 Add the water and bring to the boil, stirring constantly, until you get a creamy sauce consistency.
- 4 Turn off the heat. Add the yeast flakes, mustard and a good pinch each of salt and ground pepper. Optionally: some grated nutmeg and turmeric powder
- 5 Mix all the ingredients together well and spread the yeast mixture while it is still warm.