

Basic White Sauce



Serves	1
Prep time	5 minutes
Cook time	10 minutes
Total time	15 minutes
Allergy / Intolerance	Amines , Artificial Additives , Artificial Colours , Dairy , Glutamates , Preservatives , Salicylates , Wheat
Suitable for	Dairy / Lactose Free , Gluten Free , RPAH Elimination Diet - Low Chemical / Failsafe
Meal type	Condiment , Ingredient
Misc	Child Friendly , Pre-preparable
From book	The Failsafe Cookbook

Ingredients

- 2 tablespoons butter or Nutelex
- 1 1/2 tablespoon plain white flour
- 1 cup milk (or more)
- salt (to taste)

Directions

1. Melt the butter in a pan.
2. Add the flour to the butter and stir until well cooked
3. Add a small amount of milk and whisk until smooth. Add the rest of the milk and whisk continuously until thickened.
4. Add the salt to taste and remove from the heat.

Note

Low Chemical / Failsafe

Use Nuttlex and a milk alternative, for a dairy free version. Use Gluten-free flour for a gluten-free version.