

# *Paleo Bechamel Sauce Recipe*

## **The Ingredients:**

- **1 tablespoon of Coconut Oil**
- **1 tablespoon of Tapioca Flour**
- **1/4 teaspoon of ground ginger**
- **1/4 teaspoon of nutmeg**
- **1/4 teaspoon of sea salt**
- **1/4 teaspoon of crushed black pepper**
- **1/4 teaspoon ground garlic**
- **1 cup of Water**

## **Instructions:**

- 1.) Melt Coconut Oil in heated pan.
- 2.) Mix dry ingredients.
- 3.) Add dry ingredients to melted coconut oil to create Roué.
- 4.) Add water gradually, keep at medium to low heat, stir till sauce thickens (will thicken quickly due to the Tapioca flour). Whisk vigorously to make sure to prevent clumps.
- 5.) Take sauce off heat, allow to cool, then put into glass jar for storage. May have to be reheated and whisked to reconstitute after being stored in fridge when time to serve.

ENJOY!

