

LOW FAT BECHAMEL WITH SOYA MILK

INGREDIENTS

3/4 litre of **Bicentury** SOYA milk
60 gr. of low fat butter
40 gr. of flour
Nutmeg
Salt

DIRECTIONS

1. Prepare a golden roux in a saucepan using the low fat butter and the flour. Start by melting the butter on a low heat and then mix in the flour. Stir well until the ingredients are fully mixed together.
2. If the roux is cold, add warm **Bicentury** soya milk, however if the roux is warm, the milk will have to be added cold.
3. Add the milk a little bit at a time rather than all at once, stirring the roux as you add more milk.
4. The sauce can be as thick or as runny as you like.
If you prefer it to be thicker, add more flour. For a more runny consistency add more milk.
5. Finally, to season add the nutmeg and the salt.