VEGAN FONDUE

3-4 servings | 15 minutes | Easy

About

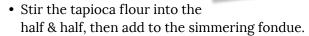
A quick, easy and vegan way to enjoy this party favorite!

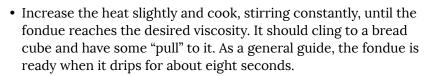
Ingredients

- About 1¹/₂ cups white or rosé wine ¹
- 5 oz. (1 full container) Follow Your Heart grated parmesan ²
- 1-2 tablespoons brandy or cognac
- ¹/₄ teaspoon of nutmeg
- · Pinch of paprika
- Pinch of dry mustard
- 1/4 cup Ripple half & half ³
- 3 tablespoons tapioca flour 4

Directions

- Bring the wine to a boil in a saucepan, then reduce heat to low.
- Add the Follow Your Heart grated parmesan, stirring constantly until thoroughly incorporated.
- Stir in the brandy, then the nutmeg, paprika and mustard.





Notes

- 1. We usually use whatever white or rosé wine is open. The amount is approximate, but we recommend at least a cup.
- 2. Follow Your Heart parmesan is a favorite ingredient of mine because unlike many vegan cheeses, it contains no coconut oil, which bodes well for my coconut allergy.
- 3. Any plant-based milk or cream will work. We use Ripple because of its neutral flavor profile.
- 4. Also called tapioca starch. This is what gives the fondue its familiar elasticity. Our preferred brand is Bob's Red Mill for its wide availability and excellent quality.

