

VEGAN FONDUE

3-4 servings | 15 minutes | Easy

About

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

Ingredients

- About 1½ cups white or rosé wine¹
- 5 oz. (1 full container) Follow Your Heart grated parmesan²
- 1-2 tablespoons brandy or cognac
- ¼ teaspoon of nutmeg
- Pinch of paprika
- Pinch of dry mustard
- ¼ cup Ripple half & half³
- 3 tablespoons tapioca flour⁴

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.
- Stir the tapioca flour into the half & half, then add to the simmering fondue.
- Increase the heat slightly and cook, stirring constantly, until the fondue reaches the desired viscosity. It should cling to a bread cube and have some “pull” to it. As a general guide, the fondue is ready when it drips for about eight seconds.



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.