Thick and Creamy Cheese Sauce

1/4 cup white cream sauce mix

1 cup water

1/4 cup cheese powder

1/4 cup water

dash of cayenne pepper to taste

In a small saucepan whisk together white sauce mix and 1 cup of water. Heat and when it's warm add the cheese powder and ¼ cup water. Whisk again. Add the cayenne pepper and stir with a wooden spoon over medium heat until thick. This is a great sauce to spoon over veggies, pasta, or to use a bread dipping sauce similar to a fondue.

Makes 1¼ cups

Preheat oven to 350. Arrange each layer (sweet potato, pineapple, coconut, green onions) in a greased pie plate in that order seasoning each layer with salt and fresh ground pepper. Pour cheese sauce over top and bake until bubbly (30 minutes).