

COUNTRY STYLE GRAVY

**1 t Black Pepper
1 t Garlic Powder
2 C Organic Milk
1 C Unbleached Flour
1/2 t Poultry Seasoning
1/2 t Himalayan Sea Salt
2 T Kerrygold Butter or Earth Balance**

Mix seasonings and flour. Store in container. Melt butter in saucepan over medium heat. Add 2 T flour mix, stir until completely absorbed. Slowly whisk in milk (rice milk works well). Simmer, stirring constantly, until gravy reaches desired thickness.

***For Country Chicken Gravy, substitute organic chicken stock for milk.**