

DAIRY FREE CASHEW CREAM SAUCE



DIFFICULTY
EASY



TIME
5 MIN +
SOAKING TIME



SERVES
4

INGREDIENTS

1 1/3 cups unsalted cashews (raw is best)
3 garlic cloves or 1 Tbsp minced garlic
1/4 cup nutritional yeast flakes
1/2 tsp dry mustard*
1 tsp apple cider vinegar*
1/4 tsp ground turmeric
1/2 tsp smoked paprika
1/2 tsp onion powder
1/2 tsp ground black pepper
1/2 teaspoon salt (plus more to taste)
3/4-1 cup unsweetened, non-dairy milk such as oat or almond milk (divided)

**you can substitute 1 tsp prepared stone ground or Dijon mustard in place of the cider vinegar and dry mustard*

DIRECTIONS

1. Soak the cashew in water overnight or place into a pot and cover with water. Bring the water to a boil and then turn off and let the cashew sit for 30 minutes. Drain the cashews.
2. In a high-speed blender, combine all of the ingredients including 1/2 cup of the milk; Puree until smooth and adjust the consistency with the remaining milk.
3. Store the sauce in the refrigerator. If reheating, you might have to add 1-2 Tbsp of water or milk.

NUTRITION FACTS PER SERVING

Calories: 151 Fat: 10.9g (Saturated Fat: 1.5g) Carbohydrates: 7.8g Fiber: 3g Sugar: 1.7g Protein: 5.5g



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