

Creamy Cashew (or white bean) Lemon Sauce

Ingredients:

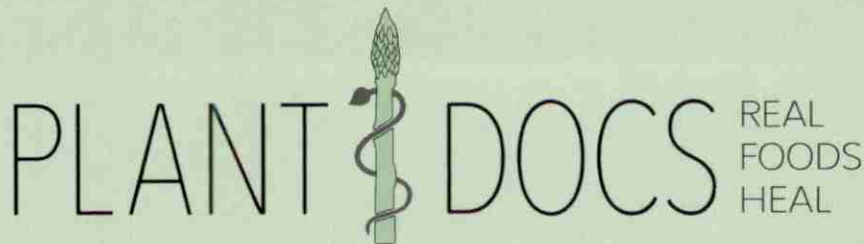
1/2 cup cashews *
1 cup low-fat oat milk *
Juice from 1/2 lemon
3 tbsp nutritional yeast
1/4 cup tahini *
1 tbsp miso paste
1/2 tsp dijon mustard
1 garlic clove
1/2 tsp turmeric
1/4 tsp black pepper
1/8 tsp cayenne pepper

Directions:

Soak cashews for 1-2 hours to soften
Blend all ingredients together in a blender

- * Lower fat version: substitute 1/2 can white beans for the cashews, omit the tahini, and use 3/4 cup milk instead of the full cup





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Call Dr. Sandy @ 401-474-8222 with questions:)