

Wonderful & Tasty
Cashew Gravy
Prep Time: 14 minutes

Cashew Gravy:

2 cups water or veggie broth
1/2 cup cashews
2 Tbsp Bragg's Liquid Aminos
1 Tbsp cornstarch
2 tsp onion powder
2 tsp nutritional food yeast
1/2 teaspoon salt

Instructions:

Set aside 1 cup of hot water. Put everything else in a blender and blend very well, about 5 minutes. Add 2nd cup of water. Pour into a pan and heat til thickened. Serve over mashed potatoes or vegetables.

Variations:

Try adding a little liquid smoke for a bit more down-home flavor.

Recipe Credit:

Gerri Yokers

We get our produce from:  www.freggies.com

For more information on eating and living healthy, visit: www.hope4health.org