

# Sara Galipeau

Registered Holistic Nutritionist



## **Raw Cashew Basil Cream Sauce**

*Welcome spring with the fresh flavour of this zippy raw sauce! Cashews are a popular staple of raw cuisine, and provide healthy unsaturated and saturated fats, protein, vitamin K, and are a good source of minerals like magnesium, zinc, and copper. Basil is also a rich source of vitamin K, as well as trace minerals like manganese and copper, and is a great anti-inflammatory herb. The flavour of this sauce is especially good after a night in the fridge.*

### ***Ingredients:***

- ½ cup organic raw cashews, preferably soaked overnight
- Handful fresh basil leaves (roughly 6 large leaves or 10 smaller leaves)
- ¼ cup nutritional yeast
- ¼ cup organic extra-virgin olive oil
- Juice of ½ fresh organic lemon
- Pinch sea salt & black pepper
- Up to ¼ cup room temperature or warm water

### ***Directions:***

In the bowl of a mini-food processor, combine the first 6 ingredients. Process until smooth.

*(At this point the mixture may resemble a spread more than a sauce. Optional: leave it this way and serve with crackers, veggie sticks, pita, etc.)*

Add up to ¼ cup water a little at a time to the mixture, processing again with each addition, to get a creamy sauce of desired thickness. Add a little more water or lemon juice to make a creamy salad dressing.

Serve cold or room temperature on pasta or quinoa, or raw veggie “noodles”.

Makes about 1 cup sauce/dip/dressing (roughly four ¼-cup servings).

Sara Galipeau, ARHN, NNCP  
saragalipeau.ca