

Cashew Spread Sandwich

*A perfect dip for carrot, celery and cucumber sticks.
Good for sandwiches or on crackers or on a pizza base too.*

Equipment:

Blender or Food Processor

Ingredients:

1 cup of cashews (soaked for an hour)
½ cup water
2 tbsps Engevita yeast flakes
1 tsp lemon juice
½ tsp onion powder
½ tsp garlic powder
1 tsp Braggs aminos
Pinch of Himalayan salt



Serves: 4 - 6
Prep time: 5 minutes

Method:

1. Add all ingredients except water, to the blender and mix
2. Add water as required to achieve desired consistency
3. Spread in a sandwich and add salad
4. Season to taste