



Body and Soul Nourishment
Inspiration for a Healthy Lifestyle

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Creamy Cashew Sauce

2 Tablespoons Cashew Butter

1 Tsp miso

2 Tablespoons GF tamari

4 Tablespoons Water

1 clove garlic

Pinch of salt and pepper

1 Tablespoon nutritional yeast

Crushed red pepper to taste, if desired to spice it up

1 Tablespoon hemp seeds

Put all sauce ingredients in a blender apart from the hemp seeds. Blend until well combined and creamy. If you find that the sauce is a bit too thick you can add some water to thin it out a bit. Now add the hemp seeds and stir.