

# Garlic Lime Crema for Cilantro Haters [vegan]

Catherine Brown, plant-based chef & culinary nutritionist at [A Seat at My Table](#)



Total Time: 2:05 Prep Time: 5 minutes, plus 2 hour soak\* Cook/Bake Time: none

\* If you have a high-powered blender (like a Vitamix) you likely do not need to soak the cashews. A Vitamix is still on my wish-list so I can't offer input. If you'd like to send me one, I'd be happy to message you my mailing address.

Here's what you'll need for about 1 cup of sauce (take a look at the alternatives at the end of this post too):

1/2 cup cashews

4 cloves of garlic

4 limes, zest & juice

1/2 cup scallions, packed (green parts only)

1 Tbsp honey or maple syrup

1 tsp smoked salt

piece of dried red pepper or 1/2 tsp red pepper flakes (optional)

## The Process:

1. Place cashews in a bowl and pour enough HOT water over them to cover by 1/2". Set aside for two hours, occasionally stirring to submerge those floating on the surface. [Omit this step if you have a high-powered blender].
2. Zest the limes. Cover the zest and refrigerate until needed. Next, either squeeze every bit of the lime juice out of each lime OR peel the limes, chop into chunks and put them in your freezer while waiting for the cashews to soak. Make sure you cut away all the white pith, which is bitter.
3. Peel the garlic and roughly chop the scallions. Set aside.

4. Keep the garlic and scallions cold until needed.
5. Add the partially frozen lime chunks, the zest, the soaked and drained cashews, garlic, honey or maple syrup, salt and dried pepper (if using) to your high-speed blender. Blend until completely smooth, scraping down sides if necessary. Taste and adjust seasoning if needed. Dressing should be slightly thick, creamy and pourable. Thin with white wine vinegar or water if necessary. Refrigerate until needed (can be stored up to 1 week).

**Some ALTERNATIVES to consider:**

- ~ add 1/4 cup fortified nutritional yeast: this lends important B vitamins, texture, flavor and color
- ~ add roasted garlic instead of raw: this decreases the sharpness and increases the sweetness
- ~ add 1/2- teaspoon ground cumin: this lends a depth of flavor
- ~ add 1 tsp smoked paprika: this intensifies the smokiness and adds another layer of flavor
- ~ add 1/2 cup of grilled onions: this lends sweetness and intense flavor
- ~ swap 2 of the limes for 2 lemons

<b>Nutrition Facts</b>	
Servings: 8	
Amount per serving	
<b>Calories</b>	<b>90</b>
	% Daily Value*
<b>Total Fat</b> 4.4g	6%
Saturated Fat 0.8g	4%
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 81mg	4%
<b>Total Carbohydrate</b> 11.9g	4%
Dietary Fiber 2.7g	10%
Total Sugars 3.4g	
<b>Protein</b> 4.1g	
Vitamin D 0mcg	0%
Calcium 26mg	2%
Iron 2mg	10%
Potassium 231mg	5%

\*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.

Recipe analyzed by **verywell**

Nutrition information is for 2 Tbsp of sauce.

If you make this recipe, I'd love to hear how you and your guests liked it! Snap a photo and tag me too, #chefcatherinebrown. I love seeing what you make!