



# Garlic CHEEZE SAUCE

## Ingredients

### CASHEW “CHEEZE” SAUCE

3 cups of raw cashews

4 gloves of garlic, peeled

pinch of black pepper

1 tsp of salt

bunch of basil or parsley (or both!)

1/2-1 cup of nutritional yeast

splash of olive oil or truffle oil

optional - add a splash of liquid smoke to bolden the flavours.

## Directions

1. Combine all ingredients into a food processor to make “garlicky cheeze” sauce. Add more cashews to thicken, water or white wine to thin out.
2. Add to any of your favourite pasta dishes warm, or freeze for later use.
3. Top your dish with fresh sunflower sprouts, pea shoots or a sprinkle of organic hemp seeds, for an added crunch!