

Versatile White Sauce

1 C raw, unpasteurized raw almonds or cashews
3 C distilled water
2 cloves garlic
1-2 T fresh squeezed lemon or lime (or essential oil drops)
sea salt and pepper to taste
Optional for extra thickening:
1/4 c olive oil with 1/4 c freshly ground wheat flour

Liquify raw nuts with 1 C of the water and garlic in a high-power blender. Blend in remaining ingredients. Can add extra thickening on stove top skillet with other great add-ins such as diced zucchini, onions, or mushrooms. Great in casseroles, on top of whole wheat pasta or spiraled zucchini. Very versatile!

Recipe by Christine Bentley