

Creamy Garlic and Herb Dressing

- 1 C. cashews
- 1 C. of water
- 1 t. Lemon juice
- 2 small cloves of garlic minced
- ½ t. Salt (I prefer Pink Himalayan)
- 1 T. fresh basil leaves
- 1 T. fresh rosemary leaves
- 1 T. fresh parsley leaves
- ¼-½ t. Cayenne

Add all ingredients into a blender and puree until smooth. I recommend a high-speed blender. If you do not have a high-speed blender, be sure you soak your cashews well and get them nice and soft. With the herbs, I try to cram them into a ball and fit them into the measuring spoon. This dressing can be used as a sauce over zucchini noodles, as a salad dressing, or dip. Oil free, dairy free, nutrient rich and oh so yummy!

Recipe by Kelly Pomeroy