

Rosemary Garlic Cream

2 cups soaked cashews (try cooked white or garbanzo beans as a replacement for cashews)
4 cloves of fresh garlic
1 heaping T. rosemary
1 lemon juiced
 $\frac{3}{4}$ t. salt
 $\frac{1}{8}$ t. black or cayenne pepper
4-6 T. water to help with mixing

Soak 2 cups of cashews for 30 minutes or more, rinse and place in a blender or food processor. Chop up 4 cloves of garlic add to the cashews. Measure out the rosemary, salt, and pepper and add to the mix. Juice the lemon and add to the mix. Begin to blend and little by little add some water to ease mixing. Mix or process until smooth. Ready to serve with fresh veggies or as a cream over noodles or as a spread on breads or crackers. Makes about 1 $\frac{1}{2}$ cups of cream.

Recipe by Kelly Pomeroy