

Cashew Cream Sauce and Zucchini Pasta

Ingredients

- 2 large zucchinis
- ½ cup cashews
- ½ cup nutritional yeast
- Juice from ½ lemon
- ½ teaspoon sea salt
- ¼ cup fresh basil
- 2-3 sundried tomatoes
- 3 cloves garlic
- 1 tablespoon tamari (optional)
- ½ cup water, adjust to desired thickness



Preparation:

1. Spiralize 2 zucchinis (skin on) with a spiralizer or mandolin.
2. Optional: soak cashews in water for 2 to 24 hours. Drain right before use. This makes blending easier and the nuts easier to digest.
3. Blend all ingredients together (except zucchinis) in a high-speed blender until smooth.
4. Add enough water to mixture to keep blender moving.
5. Mixture should be thick, but slightly pourable.
6. Pour sauce over the zucchini and serve!
7. You can warm is slightly, but do not bring to boil.