

2 VEGAN SAUCES

CASHEW HEMP CHEESE SAUCE

INGREDIENTS

- 1/2 C Cashews (raw)
- 1 T Hemp seeds (shelled)
- 1 C Water (divided)
- 1/4 C Nutritional yeast
- 1 t Miso (white)
- 1/4 t Garlic (minced)
- 1/4 t Salt



DIRECTIONS

- 1 Soak cashews & hemp seeds in warm water for at least an hour. Drain and reserving the water.
- 2 Drain but save the water
- 3 Combine all the ingredients +1/4 C plus 2 t of the saved water & process in a blender until smooth
- 4 Refrigerate until ready to use but no more than 2 days



VEGAN MUSTARD SAUCE

INGREDIENTS

- 1/2 C Nutritional yeast flakes
- 1/2 C Cornstarch
- 2 T Gluten-free flour
- 1 t Salt
- 2 C Water
- 1 t Mustard (wet)



DIRECTIONS

- 1 Place all ingredients in a 1 qt pot
- 2 Whisk ingredients
- 3 Cook and stir until the sauce thickens and bubbles
- 4 It will get thicker as it cooks and can be thinned down with a little more water