Nut-Based Cream Sauce

(Similar to Alfredo base)

› 1 cup nuts (any kind, soaked in water overnight) › ¼ cup fresh lemon juice › 2 tbsp nutritional yeast › 2 tbsp sesame seeds

› 1 tbsp onion powder › 1½ tsp sea salt › 1 tsp garlic powder › 1½ cups water › ¼ cup olive oil

INGREDIENTS

DIRECTIONS

1. Add all of the ingredients, except for the oil, to a blender and puree until smooth. 2. With the motor still on, drizzle in the oil. 3. Transfer to a saucepan and simmer over low heat until thickened and warmed through. 4. Season to taste with salt and pepper and serve.