

SUN-DRIED TOMATOES & SUN-DRIED TOMATO CASHEW BUTTER



SUN-DRIED TOMATOES

1 pound (500g) cherry tomatoes
Fresh herb of choice; oregano, basil or thyme
Salt and pepper to taste
1 tablespoon extra virgin olive oil

- Mix all ingredients in a bowl and bake 225F (107C) for about 4-5 hours.

SUN-DRIED TOMATO CASHEW BUTTER

1/2 cup (80g) raw cashews or nut/seed of choice
1/2 cup sun-dried tomatoes
1/4 cup (60g) extra virgin olive oil
1 tablespoon nutritional yeast
1 tablespoon lemon juice
Salt and pepper to taste (optional)

- Blend all ingredients until creamy, or pulse and leave chunky style.