



Nancy's Nourishing Kitchen

Cashew Cream

yield: approximately 3 1/2 cups

Ingredients:

2 cups raw cashews
1 cup water
2 teaspoons freshly squeezed lemon juice
1/4 teaspoon sea salt
fresh herbs, such as thyme; optional

Directions:

- Pour water in a blender, then add the lemon juice, salt, and cashews and blend until creamy and smooth. This takes several minutes.
- Adjust ingredients by adding water and lemon juice, salt and herbs for the desired consistency and flavor.

Tahini Dressing

Ingredients:

1/3 cup tahini
1/3 water, approximately
juice of one lemon
1 garlic clove, minced or grated, optional
1-2 teaspoons pure maple syrup or honey
1-2 teaspoons tamari or coconut aminos, optional
sea salt to taste

Directions:

- Whisk the tahini and water together until very smooth, then whisk in the rest of the ingredients and combine well. Add more water, a little at a time, until the dressing is thin enough to drizzle. Taste and season with a little salt or extra sweetener.

*sweetener will balance flavor but optional

Lemon Vinaigrette

Ingredients:

1 lemon: zest and juice
2 Tablespoons brown rice vinegar (swap unseasoned rice vinegar or white balsamic vinegar)
2 teaspoons honey (or more to taste)
1/2 cup extra virgin olive oil
sea salt and fresh black pepper to taste

Directions:

- In a bowl, whisk together the lemon zest and juice, vinegar, honey, salt and pepper. Slowly drizzle in the oil to emulsify.

*Option: Combine all ingredients in a jar, close the lid tightly and shake until combined.

Asian Sauce

Ingredients:

1/4 cup tamari
1/4 cup sesame oil
2 teaspoons maple syrup
1 tablespoon brown rice vinegar (swap unseasoned rice vinegar or white vinegar)
Juice of 1/2 lime
2 tablespoons grated or minced ginger
sriracha for heat, optional)

*Option: Combine all ingredients in a jar, close the lid tightly and shake until combined.