

Alfredo Sauce

Adapted from Recipes from the Weimar Kitchen

Ingredients

- 2 c. vegetable broth or water
- 1/2 c. raw cashews or blanched almonds
- 2 T (scant) cornstarch, arrowroot, potato starch or flour
- 2 t. onion powder
- 1-2 cloves garlic
- ½ t. lemon juice
- 2 T. sensational seasoning
- 1 t. vegetarian chicken seasoning (I used Bill's Best Chick'nish Seasoning)
- Salt to taste

Instructions

- Blend cashews with 1 c. of the water until very smooth. Add remaining water and other ingredients and continue blending until smooth.
- Pour into small saucepan and cook on medium-high heat until thickens, stirring frequently.

Notes

- **To blanch almonds, cover with water and boil for 1 minute. Drain and pop off skins (to activate enzymes and improve digestion)**

Did You Know?

- **There are only 9-14 almonds in 2 cups of commercial almond milk, or 2%.**
- **You can easily make your own almond milk by soaking 1 cup almonds overnight, drain and pop off skins. Put in blender with 3 cups water. Add vanilla, honey, dates, or maple syrup to sweeten for a great breakfast milk! (If adding dates, strain with a fine strainer after blending). Lasts 3-4 days in fridge. Freezes well.**