



GENESIS
-HEALTH REVOLUTION-

← Recipe Card →

Cashew Gravy

INGREDIENTS:

- 1/2 C raw cashew
- 3 TBS Braggs Liquid Aminos
- 1 TBS onion powder
- 1/2 tsp garlic powder
- 1 TBS yeast flakes
- 1 TBS cornstarch
- 1/2 tsp salt
- 2 C hot water*

DIRECTIONS:

- Put all ingredients in blender.
- *Only put enough water in to cover other ingredients.
- Blend smooth.
- Heat to thicken and serve.
- **Especially good over tofu balls



