

cashew mayo

Makes 1½ - 2 cups

RECIPE FROM: [Kara Fitzgerald, ND](#)

PREP TIME: 5-10 minutes

INACTIVE TIME: 2-8 hours

1 cup cashews or macadamia nuts

¾ - 1 cup water

½ tsp onion powder

¼ tsp garlic powder

¼ tsp salt

½ lemon, juiced

NOTES

- If you want to use this as a dip or spread, use ¾ cup water.
- With a full cup of water, the consistency is great for dressings. You can also stir 1-2 Tbsp into soups or casseroles to give a creamy texture.
- You could also blend in a “meaty” vegetable such as cooked artichoke, broccoli or zucchini for a tasty dip. Or blend in herbs for a creamy herb dressing.

SOAK cashews in 1 cup water for at least 2 hours or overnight.

PLACE cashews, with ½ - ¾ cup of their soaking liquid, and remaining ingredients in a food processor or blender and process on high for about 5 minutes. You may need to scrape the sides down intermittently.

ADD additional water (soaking liquid) until desired consistency is reached. It's done when the mixture is completely smooth and no longer tastes grainy.

