

Avocado Sauce

1/2 cup onion, diced (or 1 tsp dried)

2 garlic cloves, minced (or 1/2 tsp dried)

1 cup Vegetable Stock*

1/2 avocado (approx. 3 oz with no skin or seed)

1/2 cup spinach

1/4 cup raw unsalted cashews (soaked if not using high speed blender)

1/4 cup fresh parsley or cilantro

3 TB nutritional yeast

1 TB lemon juice

1 tsp white miso

1 tsp salt*

1/4 tsp black pepper

1. Sauté onion and garlic in a small saucepan until softened. (Skip if using dried.)
2. While those are sautéing, add all remaining ingredients to a blender jar.
3. Add sautéed onion and garlic to blender. Blend until smooth.

*Homemade vegetable stock was used in this recipe. If using salted stock, reduce salt accordingly.