



# Basic Cream Sauce

Serves: 4 cups

Active time: 30 min

Total time: 30 min

## Ingredients

- 1 cup raw cashew nuts
- 2 cups water
- 1 tsp salt or more to taste
- 2 tsp onion powder
- 1 Tbsp Nutritional yeast flakes
- ½ tsp garlic powder
- 2 Tbsp cornstarch
- 1 ½ cups more water (or to be added after blending)



## Directions

- Place all ingredients in blender and blend on high for about 2 minutes until smooth.
- When the mixture is so smooth that no graininess is felt in a drop of it between your thumb and finger, pour into a saucepan.
- Add the 1 ½ cups more water to the blender, swish it around, and add to the mixture in the pan. Bring to a boil, stirring constantly as it thickens to keep it from lumping. As soon as it thickens, remove from heat.
- If thicker sauce is needed, return to heat and slowly stir in more starch that has been dissolved in cold water, letting it come to a gentle boil as it thickens.