

Savory Sauce

(Kelly O. Johnson)

Pour over steamed veggies, brown rice, brown rice pasta, thinned as a salad dressing and more!

Ingredients

½ cup almond oil

1 cup purified water

¼ cup Bragg Liquid Amino

1/8 cup brewer's yeast/nutritional yeast

¼ teaspoon kelp powder

¼ teaspoon Spike seasoning

1 teaspoon packed fresh basil or ¼ teaspoon dry basil

1 clove garlic or ¼ teaspoon granulated garlic

1 ½ teaspoon fresh squeezed lemon juice

1 ½ teaspoon tamari

1 package firm tofu, pressed or 1 cup soaked raw cashews + ½ - 1 cup purified water

If you are an oil-free eater, this will still be tasty without the oil, just thinner.

You can also swap the tofu for raw cashews. Soak the cashews overnight or soak in hot water for 1 hour, rinse, then blend with purified water.

You can substitute Spike for a similar salt-free seasoning.