

## SPREADS AND SAUCES

### Almond Butter

Raw, soaked almonds

Run through juicer with blank screen. May add small amount of distilled water, or Udo's oil, honey, or maple syrup. For myself I like to add flax oil and honey and salt to taste.

### Hummus

1 cup dried garbanzo beans  
1./2 cup organic toasted tahini (sesame seed butter)  
3 cloves garlic, peeled and mashed  
2 lemons, juiced  
1 Tbsp. olive oil  
Sea salt to taste  
Paprika, parsley for garnish

The night before, wash the garbanzo beans and soak them in 3 cups water. The next day, rinse the garbanzos, cover with cold water, bring to a boil. Reduce heat to medium and cook until tender, about an hour and a half. Or, cook in a crockpot. When cooked, drain the garbanzos and keep some of the cooking water aside. Place the garbanzos in a food processor and puree well, until smooth and creamy. Stir in the tahini, garlic, half the lemon juice, and salt. Adjust the amount of lemon juice to your liking. If the mixture is too thick, thin with a little of the cooking water. To serve, place in a shallow bowl. Dust with paprika. Pour 1 Tbsp of the olive oil in the center. Garnish with parsley. Serve with pita bread and black olives, or carrot and celery sticks.

### Soy Mayonnaise

½ Cup water  
½ Cup tofu  
1 tsp salt  
1 dash garlic powder  
1 dash paprika  
1 ½ tsp onion powder  
½ Cup flaxseed oil  
1 Tbsp lemon juice

Blend. Store in dark container and refrigerate.

### Cheese Sauce

1 Cup raw cashews  
2 Cups water  
½ large or 1 small red bell pepper (or ¼ Cup canned pimientos)  
1 ½ tsp salt  
2 tsp onion powder  
2 Tbsp food yeast flakes (optional)  
½ tsp garlic powder

Blend until smooth, about 2 minutes, and then bring to a boil, stirring until thick. Can use in any recipe which calls for cheese, such as pizza, lasagna, etc.

### Sliceable Cheese

2 Cups water  
3 Tbsp agar flakes or 3 tsp agar powder  
1 Cup raw cashews  
2 Tbsp pimientos or ½ red pepper  
1 Tbsp lemon juice  
1 Tbsp food yeast flakes  
1 ½ tsp salt  
1 ½ tsp onion powder  
¼ tsp garlic powder

Boil together the agar and water for 1-2 minutes. Place in blender with all the remaining ingredients and blend for 1-2 minutes until very smooth. Pour into containers and chill. Slice when firm. Variation: To make a white cheese, leave out the pimientos or red pepper. This cheese melts when heated.

### Apricot Date Spread

1 Cup dried apricots  
1 Cup pineapple juice  
1 Cup dates, pitted  
Few drops of lemon juice, optional

Soak apricots in pineapple juice overnight. Whiz up with dates in blender. Use as jam or marmalade.

### Cranberry Sauce

- 1 12-oz bag cranberries
- 1 ¾ Cup apple juice
- ¾ Cup honey
- 2 cinnamon sticks, broken in half
- 6 whole cloves
- 1 bay leaf
- Pinch of salt

Combine all ingredients in saucepan. Bring to a boil over medium heat. Simmer until berries burst and sauce thickens, stirring occasionally, about 15 minutes. Remove cinnamon sticks, cloves, and bay leaf. Refrigerate and serve cold.

### Cream Sauce

- 1 Cup raw cashews
- 2 Cups water
- 1 tsp salt or to taste
- 2 tsp onion powder
- 1 Tbsp Chicken-like Seasoning (or 1 Tbsp food yeast flakes and ½ tsp salt)
- ½ tsp garlic powder, optional
- 2 Tbsp cornstarch
- 1 ½ Cups additional water, to be added after blending

Place all ingredients in blender and blend on high for about 2 minutes or until smooth and it is not grainy when you rub it between your thumb and finger. Pour into saucepan. Add the 1 ½ Cups more water and bring to a boil, stirring constantly as it thickens. When it thickens, remove from heat. If a thicker sauce is needed, add more cornstarch. If you add the additional cornstarch after it has already been cooked, mix the cornstarch with a small amount of cold water, mix in, and bring to a boil again while stirring constantly.

Variation 1: Use 1 Cup soaked soybeans or 1 ½ Cups tofu or 3 Cups plain soy milk instead of the cashews.

Variation 2: Replace the cashew nuts with 1 can (about 2 cups) coconut milk and add water to make 4 cups liquid.

### Mushroom Gravy

- 1 Cup raw cashews
- ½ tsp salt, or more to taste
- 2 tsp onion powder
- ¼ tsp garlic powder
- 1 Tbsp Chicken-like Seasoning (or 1 Tbsp food yeast flakes and ½ tsp salt)
- 1 Tbsp food yeast flakes
- 2 Tbsp cornstarch
- 4-oz can mushrooms (add after blending or blend for a short time to slightly chop the mushrooms)

Follow directions under the Cream Sauce.

### Tofu Sour Cream

1 12-oz box MoriNu Silken Soft Tofu or 9 oz regular tofu and ½ Cup water  
½ Cup raw cashews  
1 Tbsp lemon juice  
1 tsp salt  
1 tsp onion powder  
2 Tbsp snipped fresh chives or dried chives

Blend all ingredients except for chives until smooth. Mix in the chives. Variation: Blend in ½ tsp each dill weed, Italian seasoning, garlic powder, 1 Tbsp sugar and about 1 more tsp salt to taste. May add a little more water to achieve desired consistency.

### Raspberry Jam

2 Cups frozen raspberries  
1 Cup frozen apple juice concentrate  
2 Tbsp honey  
2 Tbsp Instant Clear Jel (see tip below)

Place all ingredients in a blender in order given. Blend for about 3 seconds. Too much blending makes the berry seeds separate and it doesn't like as nice. Chill in the refrigerator. Tip: If you don't have the Instant Clear Jel, use 2 ½ Tbsp cornstarch dissolved in a small amount of apple juice. Add the rest of the apple juice and the juice drained from the thawed raspberries, but don't add the berries yet. Bring the juice to a boil while stirring. Cool in the refrigerator for about an hour and then stir in the berries.

### Homemade Cool Whip or Icing

1 Cup water  
2 Tbsp agar flakes or 4 tsp powder  
½ Cup raw cashews  
½ Cup honey  
½ tsp salt  
1 tsp vanilla  
½ tsp coconut extract  
¼ tsp xanthan gum (optional, but needed for icing)  
1 can coconut milk

Stir together the agar and water and bring to a boil, stirring constantly. Reduce heat and simmer for 1-2 minutes. Place remaining ingredients in blender along with the hot agar mixture. Blend on high until smooth, adding water as needed to make 3 ½ to 4 Cups total mixture (3 ½ Cups for icing, 4 Cups for Cool Whip). Chill in refrigerator. Before using, place chilled mixture (which will be firm) in the blender or a food processor and blend until creamy. Best to blend half the mixture at a time. You may need to push the mixture towards the blades with a spatula to get it to blend. Once it has been reblended it won't need to be reblended again. Freezes well for future use also.

### Quick Catsup

1 Cup tomato puree or equivalent of tomato paste  
Salt to taste  
1/3 Cup lemon juice  
1/2 tsp onion powder  
1/4 tsp garlic powder  
3 Tbsp honey  
1/4 tsp paprika  
1/8 tsp cumin  
1/2 tsp celery seed ground fine, optional

Combine all ingredients. Yield: 1 1/4 Cup

### Brown Gravy

Serve with the Nut Roast (recipe under Main Dishes) and Garlic Mashed Potatoes (recipe under Vegetables).

2 Cups vegetable broth  
1 Tbsp nutritional yeast  
1 Tbsp Tamari (similar to soy sauce)  
1/4 Cup olive oil  
1/4 Cup whole wheat or garbanzo flour  
Sweet basil to taste, optional

Heat oil in a frying pan, add flour. Stir with a whisk until bubbling. Add the broth a little at a time until the desired consistency is reached. Add the yeast, tamari, and basil and stir well.

### Raw Gravy

Serve with the following raw mashed potato recipe.

2 Cups pecans, soaked overnight and then drain off water  
2 Cups water  
1/2 Cup dehydrated onion  
1 Tbsp poultry seasoning  
2 Tbsp extra virgin olive oil  
Salt to taste

Blend to a gravy consistency. Place in saucepan and turn on low just until warm.

### Creamed Spinach Dip or Spread

4-5 Cups spinach  
1 Cup chopped tomatoes  
½ Cup chopped green onions or red onions  
1 ripe avocado  
1 Cup pine nuts, soaked in water for 2 hours and drained  
½ Cup fresh squeezed lime juice  
½ tsp salt  
¼ Cup fresh chopped dill

Place half of the spinach all of the rest of the ingredients into a food processor and blend using the “S” blade until smooth. Add remaining spinach and process again until smooth. Serve with vegetables as a dip or on crackers. You can also serve over a bed of salad greens or in sandwiches. You can also stuff tomatoes or peppers with this recipe. Will keep in the refrigerator for 2 days. (This spread is great with the Raw Veggie Flaxseed Crackers (see the Breads and Crackers section for the recipe).

### Barbeque Sauce

1 Cup chopped fresh tomatoes  
¼ Cup chopped onion  
½ Cup chopped sun-dried tomatoes  
½ tsp minced garlic  
¾ tsp minced jalapeno  
½ tsp basil  
½ Cup pitted dates  
1 tsp salt  
1 Tbsp olive oil

Combine above ingredienets and blend in a food processor or blender. May add a little olive oil or tomato juice if needed. Will keep in the refrigerator for 2 days. Makes 2 ½ cups.

### Raw Hummus

1 Cup garbanzo beans, soaked in distilled water for 6 hours then dehydrated overnight, then ground to a flour in the blender

½ Cup warm water

1 clove of garlic, pressed

1 tsp salt

1 Tbsp olive oil

3 Tbsp raw tahini (sesame seed butter)

1/8 Cup raw honey

Juice of 1 lemon

Mix garbanzo bean flour with water and blend in blender till smooth. Add oil, garlic, salt, tahini, and lemon juice and blend again. Put into a serving bowl and garnish with paprika. Serve chilled or at room temperature. This recipe is great on crackers, with sliced veggies as a dip, or as a sandwich filling. Serve on baby carrots for a quick snack. Also great with salsa and guacamole.

### Onion Dip

2 Cups macademia nuts

¾ Cup to 1 Cup water

1 tsp salt

1 Cup onions, diced

Put ¾ Cup water, nuts, and salt in blender and blend until smooth and creamy. Add the extra 1/4<sup>th</sup> Cup water if necessary. Pour into a bowl and mix in the onions by hand. Chill and serve.

### Macademia Nut Cream Cheese

Blend until smooth:

1 Cup raw macademia nuts

½ Cup freshly squeezed lemon juice

½ Cup water

### Marinara Tomato Sauce

12 sun-dried tomatoes  
4-5 dates, pitted  
2-3 fresh tomatoes  
1/4<sup>th</sup> sweet red onion  
1 clove garlic  
Optional: pinch of cayenne  
1/4 Cup olive oil  
1 Tbsp lemon juice  
1 tsp salt  
1/2 tsp oregano  
1 tsp dried basil or 1/2 Cup fresh basil

Presoak the sun-dried tomatoes and dates in water for 1 hour before using (save the water from the soaking). For a smooth sauce puree all ingredients in the blender, including 1/4<sup>th</sup> Cup water from soaking the tomatoes, except for the herbs. Mix in herbs and allow to sit for at least 1 hour before serving. For a chunky sauce, coarse chop the fresh tomatoes in the food processor, then put aside in a bowl. Process the rest of the ingredients, including the 1/4<sup>th</sup> cup water from soaking the tomatoes, as smooth as possible, then mix into bowl with the tomatoes. Allow to sit at least 1 hour before serving. For an even thicker sauce, leave out the 1/4<sup>th</sup> cup of soak water from the tomatoes. Pour over veggie pasta or spiral sliced zucchini.

### Black Tar (Imitation Chocolate Syrup)

1 1/2 Cups maple syrup  
1/3 Cup extra virgin olive oil  
1 Tbsp vanilla  
1/2 Cup raw carob powder

Combine the above ingredients in a blender. Blend well and enjoy. This recipe keeps in the refrigerator indefinitely.