

UC-VEG

Umpqua Community Veg Education Group

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Yummy Sauce

Ingredients:

- 1/2 cup canola oil (preferably cold pressed)
- 1/2 cup almond flour
- 1/3 cup nutritional yeast
- 1/2 cup chickpea flour
- 1/2 cup filtered water (important for flavor)
- 1/2 cup lemon juice (fresh is best)
- 2 garlic clove
- 1/2 teaspoon salt
- 1 1/2 teaspoons curry powder
- 1 teaspoon dried oregano
- 1 teaspoon dried cilantro

*Makes 4 cups

In a blender or food processor blend almonds flour, chickpea flour and oil. Add all other ingredients and puree until creamy smooth. Cover and let stand in the refrigerator for one hour.

Recipe credited to Jude Stensland, adapted from Yumm! Sauce and Source food.com