

UC-VEG

Umpqua Community Veg Education Group

PO Box 675 | Roseburg, OR 97470

541-378-6359 | UmpquaCommunityVeg@gmail.com | ucveg.org

Yum Sauce

Add to a blender, and blend at high speed until smooth:

½ cup chickpeas, 15 oz can, liquid reserved

½ cup nutritional yeast

½ cup tofu, silken preferred

¼ cup almonds or other favorite nut (soaked overnight, if you have time)

2 Tbsp lemon juice or vinegar

½ tsp liquid aminos or salt

½ tsp curry powder

2 garlic cloves

¼ cup of the reserved chickpea liquid added as needed to achieve desired thickness.

Enjoy this sauce with whatever you like! Try swapping out the curry powder for other herbs or spices, or a bit of chili. Make it your own!