

## Cashew gravy

1 cup water (plus an additional cup water to rinse blender later)  
1 cup washed raw (unroasted/unsalted) cashews  
 $\frac{3}{4}$  tsp Herbamare (seasoned sea salt)  
1 tsp onion powder  
 $\frac{1}{2}$  tsp garlic powder



Blend in blender, reserving the 1 cup water for later. Cook in a non-stick pan over medium high heat until thickens. Add cup of water to rinse the blender and add to the gravy as it thickens in the pan.