

Mustard

2/3 cup raw unsalted cashews
2/3 cup water
1/3 cup, plus 1 Tablespoon lemon juice
2 teaspoons turmeric powder
3/4 teaspoon sea salt
1/4 teaspoon onion powder
1/8 teaspoon garlic powder
1/4 teaspoon carob powder



Instructions: Blend until smooth all ingredients in a blender, then pour into a small saucepan and heat, stirring until thickened. When mixture is cooling, stir occasionally. Chill prior to serving and store in refrigerator in a covered glass jar or container. (it will stain plastic containers).

*For a more healthy version with a different twist on the flavor, soak almonds over night and use them in the recipe rather than cashews.