

CASHEW MAYONNAISE

Recipe by Stanford Health Improvement Program

Ingredients

- 1 cup raw cashews or cashew pieces, soaked for 2 hours, and drained
- ¼ cup + 3 Tablespoons water
- ¼ cup freshly squeezed lemon juice
- 2 pitted soft dates (Medjool or other)
- 1 teaspoon salt
- 1 teaspoon onion powder
- ½ teaspoon garlic powder
- Pinch of pepper
- 1 ½ Tablespoons extra virgin olive oil

Directions

- 1.** Combine the cashews, water, lemon juice, dates, salt, onion powder, garlic powder, and pepper in a blender and process until smooth.
- 2.** With the blender running, add the olive oil in a steady stream until it is emulsified.
- 3.** Add on top of a pasta, grain, or vegetable salad. Salt and pepper to taste.

Stored in an airtight container in the refrigerator Cashew Mayonnaise will keep for up to 4 weeks. Makes about 1 cup.