



Cilantro Lime Cashew Sauce

INGREDIENTS:

1 cup	Cashew
¼ cup	Cilantro
3 tablespoons	Lime juice
1 cup	Water
2 teaspoon	Salt

METHOD:

- Soak cashews overnight or a few hours in water to soften.
- Combine all ingredients in a foods processor and blend until entirely smooth.

Serves: 20

Serving Size: 2 tablespoons

Calories: 40
Fat Grams: 3 gm
Sodium: 135 mg
Carb: 2 gm
Protein: 1 gm