



# Herb Gravy



## Ingredients

½ cup rinsed, raw cashews  
2 cups water  
4 ½ teaspoons cornstarch  
1 ½ teaspoons onion powder  
½ teaspoon garlic powder  
1 ½ teaspoons Bragg Liquid Aminos  
½ teaspoon lemon juice  
½ teaspoon dried basil  
Pinch of rosemary  
½ teaspoon salt

## Directions

1. Bring 1 cup of the water to a boil in a medium saucepan.
2. Blend remaining ingredients until very smooth in the blender.
3. Pour blended mixture into the boiling water and stir with whisk until thickened. The gravy will thicken further as it cools.

Makes 2 ½ cups

Recipe from *The Total Vegetarian Cookbook* by Barbara Watson.

Per serving ¼ cup: 70 calories, 2.2 g protein, 4.5g carbohydrates, 0.4g fiber, 5.3g fat, 0 cholesterol, 152mg sodium.

*Nancy's Cultured Soy Vanilla*, 6 ounces, was used for this analysis. Nancy's has much less sugar (10 grams) per 6-ounce serving than most other cultured soy products.