

Dressings and Spreads **THE NEW LIFE Program**

ALMONDAISE *(My All-Time Favorite; Great as Sour Cream, Mayo, Dressing etc)*

½ c Blanched Almonds	2 c Water
½ Lemon (or more for sour cream)	med clove Garlic
½ tsp seasalt, dash of paprika, dash of cayenne	¼ c Olive oil

Blend all ingredients until smooth, but start out with less water and then add to the desired consistency (more for Mayo, less for dressing; stir after refrigerating!)

To make more, use 2 c almonds, 4 lemons, 4 cloves garlic, 1 ts sea salt

(Blanch almonds: soak overnight or longer and/or bring to boil and peel off skins)

MUSTARD *(you will love this!)*

Use almondaise recipe and add Lemon (almost double the amount, but add slowly and taste frequently), add ½ tsp Tumeric; Parsley

GARBANZO SPREAD - “Just like Chicken Salad” *(A Favorite)*

1 can garbanzo beans (can smash them if want)

1 large dill pickle

1/4 cup chopped scallions

1/4 tsp dried dill weed

2 or more Tbsps Veganaise or Almondaise (I use almondaise and use much more than that)

Garlic, Onion and Sea Salt to taste

Mix all ingredients and serve in sandwiches with Romaine lettuce, in Wraps, or as a Dip

CUCUMBER DRESSING

1 c sunflower seeds

¼ c honey

1 c water

1 tsp onion powder

1 large cucumber, peeled

1 tsp sea salt (or less)

2 lemons squeezed or ½ c lemon juice

dill (dried or fresh – chopped)

Blend all ingredients in a blender until smooth and creamy. (A Little bit of garlic is good also)
Refrigerate to chill.

SUNNY SALAD DRESSING

1 c water

1/8 tsp thyme

2/3 c raw sunflower seeds (rinsed)

1 tsp basil

½ tsp sea salt

4 Tb lemon juice – about one lemon (or more)

1 tsp onion powder

½ tsp garlic powder or 1 clove fresh

Blend all until very smooth and creamy. Chill in refrigerator. Stir when ready to use.

Refrigerator Pickles

1 c. water	¾ c. lemon juice	4 cloves garlic
2 T. sea salt	1 T. dill seed	1 tsp. tumeric

Put brine in quart jar and fill with fresh sliced cucumbers. Can use the brine for at least 2-3 weeks and keep adding cucumbers as fast as the garden grows them. They are also great on sandwich spread and potato salad. These are a favorite - so much fresher tasting than canned! This will work overnight.

MOCK SALMON SPREAD

2 c raw almonds*	1 ts lemon juice
1 c raw carrot pieces	4 green onions OR 2 Tb dry chives
2 celery stalks	1/2 ts paprika (or less)
1 ts sea salt	
¾ c carrot juice or water (may require more!)	
1-2 Tb smoked season Hickory (optional)	
2-3 ts Nutritional yeast flakes	

**For most nutritious benefits, soak the almonds overnight, drain and use*

Blend all ingredients starting with liquid and adding onions later on. The spread should be a little chunky.

NOTE: it may be necessary to divide the recipe in half and blend in smaller batches, as most blenders cannot handle the volume mentioned above. May need more liquid also.

“NACHO” CASHEW CHEEZ SAUCE

1 c water	2 tsp onion powder
1 c raw cashews (rinsed)	½ tsp garlic powder
1 ¼ tsp sea salt*	½ c pimentos or 4 oz jar (<i>without vinegar</i>)
	4 Tb lemon juice (or 1/3 c)

Optional: 4 T nutritional yeast flakes, ¼ tsp dill weed

** If using sea salted cashews, omit additional sea salt.*

Blend all ingredients in food processor or blender.

DESSERT:

NO-BAKE BROWNIE

1 pack Graham or Animal crackers – crumbs	¾ c Carob chips (vegan)
½ c walnuts – chopped	1/3 c Soy or Nut Milk
1 tsp. Vanilla	3-4 drops Peppermint (optional, great tasting)
1/3 c Raisins (optional)	

Crumble crackers, place walnuts in food processor. Warm milk in a pan, add carob chips and stir well, add vanilla and peppermint, and lastly add crackers and walnut mix. Place on a cookie sheet and freeze or refrigerate. *OR (preferably):* Roll in plastic wrap and aluminum foil and freeze — ready-desert for any walk-in guests.