

COUNTRY STYLE GRAVY

2 c water

½ c cashew pieces or 3 Tbsp whole wheat flour

1 Tbs onion powder

½ tsp garlic powder

¼ tsp salt

2 Tbs oil (omit if using nuts)

3 Tbs coconut aminos

1 Tbsp cornstarch

Blend all ingredients on high 2-3 minutes until creamy. Pour into saucepan and cook on medium-high until thick, stirring constantly. Serve over entrée roasts or loaves, potatoes, or biscuits.

Yield: 2 ½ c

From the kitchen of Melinda Harris