

Yumm Bowl Sauce

This is as close as it gets to Café Yumm's® original Yumm Sauce®. I have eaten many yummy bowls over the years and I've tried to dissect the flavors of the sauce and come up with a recipe that's close, and here it is. This sauce is egg free, dairy free, gluten free and sugar free. If you have nut allergies I suggest you stay away, sorry. This sauce is great with rice and beans, pasta, a topping for chili and basting for chicken on the grill. Use your imagination, it tastes darn good with almost everything...enjoy.

Yield: 2 cups

Serving size: 4

Calories per serving: 202

Ingredients:

1/3 cup canola oil
1/2 cup almonds
3/4 cup cooked garbanzo beans
1/3 cup nutritional yeast
1 cup water
1/2 cup lemon juice
1-2 clove garlic pressed
1/2 teaspoon salt
1 1/2 teaspoons curry powder
1 teaspoon dried oregano
1 teaspoon ground cilantro (coriander)



Directions:

In a blender or food processor blend almonds, beans, and oil and 1/2 C of the water.

Add another 1/2 C of water plus all other ingredients and puree until creamy smooth.

Cover and let stand in the refrigerator for one hour.

Don't cover too tight, remember the yeast.