

CREAMY CASHEW CAJUN ZOODLES (GF, V)

Makes 2 servings

Ingredients

- 1.5 C raw cashews soaked in boiling hot water for 5 minutes
- 1 TBS olive oil
- 6 garlic cloves
- 2 C unsweetened almond milk
- 1/4 C nutritional yeast
- 1 TBS lemon juice
- 1 package zucchini noodles or 2 zucchini spiralized
- 1 red bell pepper diced
- 1/4 red onion diced
- 1 C shredded carrots
- 2 scallions, sliced thin
- Pinch of raw hemp seeds (great protein source!)
- 1 TBS Cajun seasoning (see post for homemade recipe)



Directions

1. In a blender, combine first 6 ingredients and set aside.
2. Heat a pan with another 1 TBS olive oil, then add the peppers, onion and carrots. Cook for 5-8 minutes or until veggies have cooked down and are crisp tender.
3. Add in zoodles and cook another 5-8 minutes or until they have softened slightly.
4. Pour in 1 cup of the cashew cream sauce and then 1 TBS Cajun seasoning (or more to taste). Stir to combine, bring to a low simmer for 3-4 minutes, then serve into bowls, garnishing with scallions and hemp seeds.