



From the kitchen of:
Chef Alyssa Moreau

Sun-dried Tomato Cashew Spread

Ingredients:

2 c cashews (or blanched almonds)* if you soak a bit before hand, it will be easier to process	2-4 tbsp cilantro or basil or green onion
1 c water	1-2 garlic cloves, minced
1/3 c sun-dried tomatoes or red bell pepper	1 lemon, juiced
	1/2 tsp salt
	cayenne or chili flakes

Directions:

Combine in a food processor and blend until smooth.

Use as filling for nori rolls: nori, avocado, carrot, cucumber, collards or lettuce.

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