

HEALTHY VEGAN SPECIAL SAUCE (SOY-FREE)

★★★★★

COURSE: SNACK CUISINE: AMERICAN

KEYWORD: HEALTHY VEGAN SPECIAL SAUCE (SOY-FREE)

PREP TIME: 5 MINUTES TOTAL TIME: 5 MINUTES

SERVINGS: 8 OUNCES CALORIES: 77KCAL

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A healthy vegan sauce that tastes like McDonald's "Special Sauce."

INGREDIENTS

- 3/4 cup raw cashews , soaked in water at least 1 hour
- 1/4 cup water
- 2 teaspoons stone-ground mustard
- 1 tablespoon tomato paste
- 2 tablespoons minced shallot or red onion
- 1/2 teaspoon salt
- 2 tablespoons minced pickle , or relish (I used about 4 pickle coins)
- 1 tablespoon maple syrup
- 1 tablespoon raw apple cider vinegar

INSTRUCTIONS

1. Drain the cashews and rinse well. Combine all of the ingredients in a high-speed blender and blend until completely smooth. Adjust the sauce to suit your taste-- it's easy to taste as you go so it's "just right" for your taste buds. I usually like to add an extra splash of vinegar, and sometimes we'll add a dash of sriracha to make it a little spicy.
2. You can store this sauce in an airtight container in the fridge for up to 5 days. Use it on your favorite sandwiches, wraps, and as a dip for sliced veggies or baked fries.

NUTRITION

Calories: 77kcal | Carbohydrates: 6g | Protein: 2g | Fat: 5g | Sodium: 209mg | Potassium: 105mg | Sugar: 2g | Vitamin A: 35IU | Vitamin C: 0.7mg | Calcium: 9mg | Iron: 0.9mg

<https://detoxinista.com/healthy-vegan-special-sauce-soy-free/>