

Ingredients:

- 1 cup of raw cashews
- 1 1/4 cups of water
- 2 tablespoons of nutritional yeast
- 1 tablespoon of lemon juice
- 2 cloves of garlic, minced
- 1/2 teaspoon of salt
- 1/4 teaspoon of black pepper

Instructions:

1. Soak the cashews in water for at least 4 hours or overnight to soften them.
2. Drain the soaked cashews and rinse them thoroughly.
3. In a blender, combine the soaked cashews, water, nutritional yeast, lemon juice, minced garlic, salt, and black pepper.
4. Blend the ingredients until you achieve a smooth and creamy consistency, about 2-3 minutes.
5. Transfer the mixture to a saucepan and heat it over medium heat, stirring constantly.
6. Cook the sauce for about 5-7 minutes, or until it thickens to your desired consistency.
7. Remove the sauce from the heat and use it immediately over your favorite pasta, vegetables, or proteins.
8. Store any leftover sauce in an airtight container in the refrigerator for up to 4-5 days. Reheat gently before serving.