

# TOFU MAYONNAISE

## INGREDIENTS

⅓ cup raw sunflower seeds or rinsed raw cashews

⅓ cup water

12 oz firm, silken tofu

2½ tbsp lemon juice

¾ tsp salt

1-2 tbsp dry vegetable stock / Bullion

½ tsp garlic powder

1 tsp onion powder

¼ tsp cayenne pepper (optional)

## DIRECTIONS

1. Combine all ingredients in a blender and blend until smooth.
2. A spatula may be used to stir during the blending process, but carefully!
3. Chill to thicken
4. Keeps for 1-10 days in refrigerator.