

# Avocado Cashew Cream with Zucchini Spirals

Yes, it IS another zucchini recipe. But honestly, I just could not help myself after experiencing a bowl of this deliciousness at Samsara in Cluj this past weekend. We can blame my obsessive nature on the fact that I could not get this dish off my mind. But trust me – you need to try this! Creating your own zucchini spirals is a snap with a kitchen tool of your choice, or head over to Whole Foods for a package from Cece's Veggie Co. However you decide to make the spirals just do it soon!

## Sauce Ingredients

1 1/2 cups raw organic cashew pieces, soaked in warm water several hours or in cold water overnight and drained  
1/2 to 1 cup water ( more may be needed to reach desired consistency)  
2 ripe avocados, pitted  
1/4 cup nutritional yeast  
1 tablespoon mellow white miso  
Juice from 1 lemon or lime  
A handful of fresh basil leaves  
Salt and Freshly ground black pepper, to taste  
12 ripe cherry tomatoes

## Spirals

5 to 6 medium-size zucchini or summer squash, cut into spirals or peeled into strips

## Directions

Place all ingredients, except zucchini and salt & pepper in a blender and puree until smooth – start with 1/2 cup water,

then add more to achieve desired consistency. Sauce should be creamy and thick, but pourable. Adjust seasonings as necessary.

## **To Serve**

Place zucchini spirals in bowl, top with avocado cream and sliced cherry tomatoes. Toss well before eating. You may wish to offer a vegan nut based parmesan on the side.