

# Creamy Mushroom Gravy

## Ingredients:

- 4 cups mushrooms (baby bella, etc)
- 1 1/2 cups of cashews
- 1 1/2 cups of water
- 4 cloves garlic (freshly crushed)
- 2 tablespoons shallots (diced)
- 1 1/2 teaspoon rosemary
- 1 tablespoon extra-virgin olive oil

## Directions:

1. Put all ingredients in a blender or food processor and blend until creamy.
2. Enjoy on top of the mashed cauliflower recipe!

