



## **Brown Gravy**

Try serving this gravy on Nut Roast Supreme or baked potatoes.

### **Ingredients**

**6 T whole wheat flour**

**2 T arrowroot powder**

**1/2 cup raw, rinsed cashew pieces**

**1/2 cup hot water**

**1/4 cup fresh onion**

**2 teaspoons Bragg's Liquid Aminos**

**1 1/2 teaspoon salt**

**1/4 teaspoon EACH garlic powder, sage, thyme, and marjoram**

**2 additional cups water**

### **Instructions**

**Place whole wheat flour in a medium size skillet or saucepan, and brown over medium heat, stirring often. Set pan aside. Place rinsed cashew pieces and 1/2 cup hot water in a blender and blend until smooth and creamy. Add to blender the browned flour, arrowroot, onion and seasonings. Blend until smooth. Pour mixture into the skillet used earlier and stir in two additional cups of water. Cook until gravy thickens, stirring often.**

