

McDougall Made Irresistible Recipes

For more ideas and recipes go to the "McDougall Made Irresistible DVD" section on our web site:
www.drmcDougall.com.

Cashew Milk

I have been making this for about 28 years now and it is still the best flavor for rich sauces and "french" toast. Make sure you use raw cashews, not roasted ones, and make sure you blend this thoroughly and then strain it to remove any pieces that did not get blended.

Preparation Time: 5 minutes

Servings: makes 2 cups

½ cup RAW cashews

2 cups water

Place the cashews in a blender jar with 1 cup of the water. Process until very smooth. Add the remaining water and blend until no large pieces remain. This may take a minute or two. Strain after processing to remove any remaining pieces. Refrigerate until ready to use.

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Veggie Benedicts

Leave off the tomato for the "vegetable haters" and this could also become one of their favorites.

Preparation Time: 15 minutes

Cooking Time: 5 minutes

Servings: 2-4

For the sauce:

1 cup cashew milk (see recipe above)

2 tablespoons lemon juice

1 teaspoon nutritional yeast powder

½ teaspoon onion powder

1/8 teaspoon garlic powder

1/8 teaspoon salt

1/16 teaspoon turmeric

pinch of paprika

1 tablespoon cornstarch mixed with 2 tablespoons cold water

Place the cashew milk in a saucepan. Add all the remaining ingredients and mix well with a whisk. Slowly bring to a boil, stirring constantly, until thickened and smooth. Set aside. (If you need to reheat this just before serving, do it slowly while stirring with a whisk.)

For the base:

1 vine-ripened tomato

½ avocado

4 fat-free English muffin halves

Slice the tomato into 4 medium-thick slices. Peel and slice the avocado. Toast the muffin halves. Place the tomato and the avocado on the English muffin halves. Ladle about ¼ cup of the sauce over each muffin half and serve.

Hints: The sauce may be made 1 day ahead of time and slowly reheated. This saves time on a busy morning. The sauce is also great with asparagus, other vegetables or potatoes.