

Sprouted Sun Gravy

Ingredients

- ½ cup soaked sunflower seeds
- 2 tsp. onion powder
- 1 tsp. garlic powder
- 1 tbsp. nutritional yeast flakes (preferable non-fortified)
- ½ tsp. marjoram
- ¼ tsp. cumin
- 2 tbsp. Coconut or Braggs liquid aminos, or to taste
- ¾ cups celery juice (add more or less to desired thickness)

Instructions

1. Blend all the ingredients in a high-speed blender until smooth and creamy.
2. Heat gently in a small saucepan if a warm gravy is preferred, or serve as is wherever gravy is desired.

Tip: A low-sodium vegetable broth can substitute the celery juice. Sprouted Sun Gravy is delicious over mashed potatoes.

Servings: 4-6