



Ami Beach Shadle

Ingredients:

- 4 large fresh tomatoes
- 1 cup sundried tomatoes in oil
- 4 cloves fresh raw garlic
- 1/2 c. raw unsalted cashews
- 1 c. organic apple juice
- 2 T nutritional yeast
- 1 c. pitted dates
- 3 T dried basil
- 2 tsp sea salt

Directions:

Puree all ingredients until smooth. Add apple juice if consistency is too thick.