



Health Breakdown

GLUTENFREE
VEGAN
SOYFREE
DAIRYFREE
RAW

TARGETS
GABA
ADRENAL FATIGUE
INFLAMMATION
SKIN

RAW CASHEW MAYO

Servings: 6 Time: 10 minutes Tip: This mayo keeps well in the fridge up to a week. Experiment with different herbs and mix with mustard or garlic for an added flavor kick

Cashews are rich in magnesium + tryptophan, both essential for our mood regulator serotonin. Cashews are a very good source of monounsaturated fats and copper, and a good source of magnesium, manganese, and phosphorus. An essential component of many enzymes, copper plays a role in a wide range of physiological processes including iron utilization, elimination of free radicals, development of bone and connective tissue, and the production of the skin and hair pigment called melanin. For example, copper is an essential component of the enzyme, superoxide dismutase, which is important in energy production and antioxidant defenses. Sea salt provides a broad spectrum of minerals and essential for normalizing adrenal functioning as it is involved in the production of aldosterone. Herbs like dill, rosemary and mild spices in general have a calming effect on our central nervous system by directly impacting GABA. Lemons are strongly alkaline to the body and stimulates the liver's bile production for better digestion.

Reference: J Food Sci Technol. 2014 Mar;51(3):589-94. Evaluation of bioaccessibility of iron, zinc, calcium and magnesium from groats, rice, leguminous grains and nuts. Suliburska J et al.

What's in it?

- 2 tbsp. lemon juice
- 4 tbsp. water, vegetable broth or miso soup
- 1 cup/150g raw cashews
- Handful of mixed chopped herbs - whatever you have on hand (i.e. dill, tarragon, thyme and rosemary)
- Sea salt + black pepper to taste

What to do?

- Toss everything in blender or food processor and blend for 2 minute - that's it!
- Add more or less water depending on consistency you want - delicious for salads!
- Store in airtight container in fridge up to a week

