

Barbecue Buns

- 1/3 c. warm water
- 2 ½ t. rapid-rise yeast
- 1 T. agave or honey
- 1 T. unsweetened applesauce
- 1/2 c. raw cashews blended with 2/3 c. water
- 1 c. whole grain spelt flour
- 1 ½ c. all purpose, unbleached flour
- ¾ t. salt
- 2 T. raw sunflower seeds

Directions

1. Dissolve yeast in warm water with agave or honey.
2. Blend cashews and water until very smooth and add to yeast mixture.
3. Add all remaining ingredients and knead until a smooth, soft dough. (about 3 minutes)
4. Let rise for 30 minutes and form into 8 buns or patties. (6 for larger buns)
5. Let rise for 15-20 minutes then bake at 350° for 25 minutes.

Easy Cashew Mayo Relish

- 2/3 c. raw cashews
- Juice of ½ lemon (1 T.) or use whole lemon for more tang
- ½ t. salt, more to taste
- ¼ c. water, more if needed
- Finely chopped olives, pickles, onion
- Sprinkle of dill, can use fresh dill if desired

Directions

1. Cover cashews with water and bring to a boil. Remove from heat and let soak for 10-15 minutes. Drain and rinse. (Another option: soak overnight, drain and rinse)
2. Place everything in blender except chopped ingredients and dill and blend until smooth.
3. Stir in chopped ingredients and dill. Enjoy!