

**Spicy Avocado Basil Mayo** 

**Ingredients**

1 long red cayenne pepper, with seeds (or 3 sm./med cayenne peppers)

2 cups packed lettuce leaf basil, stems removed (Tuscany basil will work)

1 avocado

2 cloves garlic

Juice of 1 lime

½ cup raw cashews

1 TBSP apple cider vinegar

½ cup water

Place all ingredients in VitaMix or high powered blender. Blend until color is uniform and there are no flecks of basil or cayenne.

Use this as a sandwich spread, over steamed veggies, over baked potatoes etc.

Note: If this is too spicy, use a milder pepper such as banana or poblano peppers.

To reach the consistency of a salad dressing, add ¾ cup water.