



Asparagus Salad

INGREDIENTS

1 bunch asparagus, steamed
1 sumo tangerine or orange,
peeled, quartered, chopped into
small pieces
handful mixed herbs...cilantro,
mint, basil, chopped
1/2 cup roasted almonds,
chopped
1 cup cashew cream
1/4 t sea salt
1/2 t sumac
2 T extra virgin olive oil plus more
for garnish
juice of 1 orange

Cashew Cream

4 cups cashews, soaked
overnight, strained, rinsed
1/2 cup nutritional yeast
2 clove garlic
2 t salt
2 t black pepper
juice of 1 lemon
1/2 cup water

Did you know that asparagus can actually help boost libido and help with erectile dysfunction? And have you noticed the shape of asparagus...can be a pretty sensual food. Asparagus is loaded with fiber and nutrients and is also used as a diuretic which aids in natural detoxification and cleansing. This is a beautiful light starter to make for your lover or yourself!

Instructions

To make the cashew cream: Soak cashews in water overnight. Strain the next day and rinse. Blend all in food processor for 2 minutes until creamy

Slice the steamed asparagus on the diagonal. Toss in a small bowl with the salt, xvo, orange juice and chopped herbs. On a large plate, spread the cashew cream. Top with the asparagus salad and top with the chopped almonds. Sprinkle some sumac and a nice drizzle of xvo!