

## Umami sauce

(from Andrew Weil's True Foods Cookbook")



(photo: Karyn Forsyth Duggan)

**Serves:** ~6 or more depending on appetite for this divine sauce!

**Prep and Cook Time:** ~5-10 minutes

### **Ingredients:**

¼ cup apple cider vinegar  
3 T tamari (aka GF soy sauce)  
1 cup nutritional yeast flakes  
8 garlic cloves  
½ cup extra virgin olive oil  
salt & pepper to taste

### **Directions:**

- Place all ingredients into a mini food processor and blend  
*(Note, this recipe makes a lot of sauce; I typically halve the recipe and then keep whatever I don't use in the fridge for the next time we have fish/chicken that I feel needs a little taste boost. This sauce will keep in the fridge for up to 7 days, but I wouldn't keep it longer).*