SAUCES

1. Classic Lemon Garlic Tahini Sauce (creamy & savory)
This is a versatile, nutty, garlicky favorite that pairs beautifully with almost any raw veggie.
Ingredients (makes about ¾–1 cup):
- ½ cup raw tahini
- ¼ cup fresh lemon juice (about 1–2 lemons)
- 1–2 garlic cloves (start with 1 if you prefer milder)
- ¼–⅓ cup water (add gradually for desired thickness)
- ½ tsp sea salt (or to taste)
- Optional: 1 tsp raw apple cider vinegar for extra tang, pinch of black pepper or cumin

2. Creamy Avocado Herb Sauce (fresh & green)

Bright, ultra-creamy, and packed with fresh herbs — like a raw vegan "green goddess" vibe.
Ingredients (makes about 1 cup):
- 1 large ripe avocado
- ¼ cup fresh lemon or lime juice
- ¼–⅓ cup water (or more for thinner consistency)
- ½ cup fresh herbs (mix of parsley, cilantro, dill, and/or basil)
- 1 small garlic clove
- ½ tsp sea salt
- Optional: pinch of cayenne or ½ jalapeño for a mild kick

3. Spicy Red Pepper & Sunflower Seed Sauce (zesty & seed-based)
A vibrant, slightly spicy option using seeds instead of nuts — nice contrast to your tomato-chili one.
Ingredients (makes about 1 cup):
- 1 large red bell pepper (raw, roughly chopped)
- ½ cup raw sunflower seeds (soaked 2–4 hours if you want it even creamier, but not required)
- 2–3 Tbsp lemon juice
- 1 small garlic clove
- ½–1 tsp chili flakes or ½ small fresh chili (adjust for heat)
- ¼ tsp sea salt
- ¼–⅓ cup water

4. Simple Dill & Lemon "Ranch-Style" Sauce (herby & cooling)
A classic raw ranch-inspired dip using seeds or nuts for creaminess.
Ingredients (makes about 1 cup):
- ½ cup raw cashews or macadamia nuts (or sunflower seeds for nut-free) — soaked 1–2 hours if possible for extra smoothness

- ¼ cup fresh lemon juice
- ¼–⅓ cup water
- 1–2 Tbsp fresh dill (or 1–2 tsp dried dill)
- 1 small garlic clove
- ½ tsp sea salt
- Optional: 1 tsp raw apple cider vinegar, pinch of onion powder

1. Classic Raw Tomato "Marinara" Sauce (Fresh or Canned)
Best on: Zucchini noodles, big salads, collard wraps, or as a dip for veggies
Fresh version (strictly raw)
- 3–4 medium ripe tomatoes (or 5–6 Roma tomatoes), roughly chopped
- ½ cup sun-dried tomatoes (oil-free, soaked 1–2 hours if hard)
- 1–2 Medjool dates (pitted) or 1–2 tsp raw honey/agave (optional for sweetness)
- 1–2 cloves garlic
- 2–3 tbsp extra virgin olive oil (or ½ small avocado for creaminess)
- 1–2 tsp dried oregano or Italian seasoning
- ½–1 tsp sea salt
- Optional: small handful fresh basil, pinch of chili flakes

Canned version (your "cheat")
- 1 can (14–15 oz) whole or diced tomatoes (no additives — just tomatoes)
- Drain most of the liquid
- Then use the same ingredients as above (skip the fresh tomatoes)

Instructions (both versions):
1. Blend everything in a high-speed blender until smooth.
2. Taste and adjust salt, garlic, herbs, or sweetness.
3. Let it sit 10–20 minutes if possible (flavors meld).

Makes ~2–2.5 cups. Keeps 3–4 days in the fridge.

2. Creamy Hemp or Tahini "Ranch" / Green Goddess Sauce
Best on: Salads, as a dip, over sprouts, or drizzled on cucumber slices
- ½ cup raw hemp seeds (or ⅓ cup raw tahini if you prefer sesame flavor)
- ½ cup water (start with less, add more for thinner sauce)
- 2–3 tbsp lemon juice
- 1–2 cloves garlic
- 1 small handful fresh dill (or 1–2 tsp dried dill)
- 1 small handful fresh parsley
- ½–1 tsp onion powder
- ½ tsp sea salt
- Optional: ½ small avocado for extra creaminess

Instructions: Blend until very smooth and creamy.
Taste and adjust lemon/salt/herbs.
Makes a thick dip or thinner dressing depending on water amount.

3. Spicy Avocado-Cilantro Sauce
Best on: Salads, raw wraps, sliced bell peppers, or as a guacamole-style dip
- 1 large or 1½ medium ripe avocados
- ½–¾ cup fresh cilantro (leaves and tender stems)
- 1–2 limes, juiced (or 3–4 tbsp lime juice)
- 1 small jalapeño (seeded for less heat) or pinch of cayenne
- 1 clove garlic
- ½ tsp sea salt
- 2–4 tbsp water (to thin to desired consistency)

Instructions: Blend until smooth.
Add more water if you want a pourable dressing, less if you want a thick dip.

1. Raw Cheesy Cashew Sauce (Classic "Cheese" Sauce)
This is the most popular raw vegan "cheese" sauce—creamy, pourable, and perfect over salads or as a dip.
Ingredients (makes ~1½–2 cups):
- ¾–1 cup raw cashews (soaked 1–4 hours or overnight for smoothest result; if short on time, 30–60 min in hot water works)
- ½–¾ cup water (start with less, add more for thinner sauce)
- ¼–⅓ cup nutritional yeast (adjust to taste—start with ¼ cup if you're new to nooch)
- 2–3 tbsp lemon juice (fresh)
- 1–2 cloves garlic (or ½–1 tsp garlic powder)
- ½–¾ tsp sea salt (to taste)
- Optional flavor boosts: ½ tsp onion powder, pinch of smoked paprika or cayenne, ½ tsp mustard powder, small handful fresh dill/parsley/basil

Instructions:
1. Drain and rinse the soaked cashews.
2. Add everything to a high-speed blender.
3. Blend until completely smooth and creamy (30–60 seconds). Scrape sides if needed.
4. Taste and adjust salt, lemon, or nooch.
5. Use immediately or store in the fridge (thickens when cold—thin with a little water if needed).

Great on: big green salads, zucchini noodles, raw wraps, or as a nacho-style dip with raw veggies.

3. Simple Nooch "Parmesan" Drizzle / Sauce
Super quick (no soaking needed if you have a good blender) and very cheesy-salty.
Ingredients (makes ~¾–1 cup):
- ¼–⅓ cup nutritional yeast
- ¼ cup water (or a bit more for thinner consistency)
- 2–3 tbsp lemon juice or raw apple cider vinegar
- 1–2 tbsp raw tahini or ¼ small avocado (for creaminess and to help it emulsify)

- 1 small clove garlic (optional)
- ½ tsp sea salt
- Optional: pinch of black pepper or garlic powder

Instructions:

1. Blend everything until smooth (it will be pourable but slightly thick).
2. If too thick, add water 1 tsp at a time.
3. Drizzle immediately or store in a jar.

Great on: salads, raw veggie bowls, collard wraps, or even stirred into a big bowl of greens + seeds.

2. Raw "Ranch"-Style Dressing with Nooch

Creamy, herby, and tangy—similar to ranch but fully raw.

Ingredients (makes ~1–1½ cups):

- ½–¾ cup raw cashews (soaked as above)
- ½ cup water (adjust for thickness)
- 2–3 tbsp lemon juice
- 2 tbsp nutritional yeast
- 1 small clove garlic
- ½ tsp onion powder
- ½ tsp sea salt
- 1–2 tbsp fresh dill (or 1 tsp dried dill)
- 1 tbsp fresh parsley (or 1 tsp dried)
- Optional: 1–2 tbsp peeled cucumber for extra freshness and tang

Instructions:

1. Blend all ingredients until silky smooth.
2. Add more water if you want a thinner dressing, or less for a thick dip.
3. Taste and adjust herbs/salt/lemon.

Great on: salads, as a dip for celery/cucumber/carrot sticks, or drizzled over sprouts.