Garlic Cashew Aioli

- 1 cup of Cashews
- 2 TBL Olive Oil
- 3 Garlic cloves
- 2 Lemons
- 1/4 tea Sea Salt
- ½ to 1 cup Water

Combine the cashews, olive oil, garlic, juice of two lemons and sea salt in the blender with ½ cup of water. Blend until smooth for a thicker aioli. For a thinner consistency, continue to steam in another ½ cup of water while blending.

From Thyroid Healing by Anthony William.