



## Holiday (Oil Free) Gravy

### **Ingredients:**

- 1 cup organic vegetable stock
- 2-3 tbsp Bragg's Liquid Aminos
- 1/2 tsp Annie's Homegrown Organic & Vegan Worcestershire Sauce
- 1/2 tsp dried parsley
- 1 tsp garlic powder
- 1/4 tsp sage
- 1/8 tsp thyme
- pepper to taste
- 1.5 tbsp arrowroot
- 3 tbsp cold water

### **Instructions:**

- In a medium-sized pot, bring vegetable stock, Liquid Aminos, Annie's Worcestershire Sauce, parsley, garlic powder, thyme, sage and pepper to a boil. Turn down to a simmer.
- Mix together arrowroot and cold water in a separate bowl.
- Pour arrowroot mixture into the pot and whisk.
- Let simmer for an additional 3 minutes.
- Enjoy on mashed potatoes, roasted cauliflower, tofu steaks, seitan, and more!

Traditions ~ A Longevity Zone Project

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