

# Corn Butter

*A Favorite from the Kitchen of Peggy Robinson*

*Adapted from **Turn Off the Fat Genes**, by Dr. Neal Barnard*

I've found this creamy golden spread a great low-fat substitute for butter or margarine to use on vegetables and bread.



2 tsp. agar powder (can purchase at Natural Pantry in Anchorage)

1/4 cup cold water

1 cup boiling water

2 1/2 tsp. raw cashews

1 Tbsp. finely grated raw carrot

1/2 tsp. salt

2 tsp. lemon juice

1 cup cornmeal mush (see below)

1 tsp. nutritional yeast (optional)

Place the agar powder in a blender with the cold water and let stand 3 – 5 minutes. Add boiling water and blend to dissolve. Add the remaining ingredients and process until **totally** smooth, which will take several minutes. Pour into a serving jar and cover. Chill.

(To make cornmeal mush, mix 1/4 cup cornmeal with 1 cup water in a saucepan. Bring to a simmer and cook, stirring frequently, until thickened.)