CASHEW CHEESE SPREAD

* 1 cup raw cashews
* 1/3 cup water
* 2 tablespoons nutritional yeast
* 2 teaspoons lemon juice
* 1/2 teaspoon salt
* 1/8 teaspoon garlic powder

1. Place cashews in a small bowl. Add enough warm water to cover completely. Soak cashews for 1-2 hours; drain and discard water. Add cashews and remaining 5 ingredients to food processor. Cover and process until smooth, 1-2 minutes, scraping down sides occasionally. Transfer to serving dish. Cover and refrigerate for at least 1 hour before serving.
2. Add your favorite herbs and spices to create different flavors.

**How do you soak cashews for cheese?**

You can soak cashews for cheese by soaking them in room temperature water overnight or by soaking them in boiling water for 10-15 minutes.

RESOURCE https://www.tasteofhome.com/recipes/cashew-cheese/

CASHEW “PARMESEAN” CHEESE

RESOURCE: claire cary https://eatwithclarity.com/wprm\_print/5976/

This cashew parmesan is easy to make, delicious, and can be sprinkled on any savory dish! It's perfect on pasta, salads, and pizza! It takes 5 minutes to make and stores well in the fridge for a few weeks.

 /  / Rate

Prep: 5 mins

Cook: 0 mins

Total: 5 mins

10

**Ingredients**

* ▢ 1 cup raw cashews
* ▢ 1/4 cup nutritional yeast
* ▢ 1 tsp sea salt
* ▢ 1/2 tsp garlic powder
* ▢ Optional: pinch of pepper

**Instructions**

* Add all ingredients to a food processor.
* Process until completely broken up and a fine powder forms, about 30 seconds.
* Taste and add more salt, garlic or pepper if desired. Store in a glass container in the fridge.

**Notes**

This cashew parmesan will store in the fridge in an air tight container for about 2 weeks.

You can use almonds or sunflower seeds in place of the cashews if you have an allergy.

I highly recommend using a food processor for this recipe, but a high speed blender will also work.

Whichever you use, make sure your appliance is **completely dry**before adding in the ingredients. This will make sure there are no clumps that form and it is smooth like regular parmesan.

Serving: 2tbsp /  Calories: 53kcal /  Carbohydrates: 3.2g /  Protein: 1.8g /  Fat: 4g /  Sodium: 148mg / Fiber: 0.5g