

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
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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.

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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