

Cashew CREAM CHEESE

Cashew-based cream cheese is a great non-dairy alternative to schmear on a bagel or muffin or add to your favorite dip for a creamy texture.



INGREDIENTS

1 cup raw cashews
Water to soak cashews
1 tsp fresh lemon juice, or to taste
½ tsp sea salt, or to taste
1-2 tbsp water, plus for
desired consistency

METHOD

Put cashews in a bowl and add enough water to cover the cashews completely. Soak for 4-8 hours or overnight if possible.

Drain and rinse the cashews and transfer them to a food processor bowl.

Process until smooth. Taste and adjust the seasoning (salt and lemon juice) to taste. If the mixture is too thick, adjust by adding a tbsp or more of water to reach the desired consistency.

Store in an airtight container refrigerated for up to one week