

Cashew Cream Cheese



Ingredients (makes 1 cup)

1 cup raw organic cashews soaked in hot water for a few hours or overnight
1/4 cup water
1 tablespoon lemon juice
1/2 tablespoon nutritional yeast
1/2 tablespoon onion powder
1/4 teaspoon sea salt
3/4 - 1 tablespoon finely diced chives
1/8 cup finely minced parsley

Rinse and drain the cashews. Place in high-speed blender with water and lemon juice. Blend at medium speed (not higher than a 5 or 6 on the Vitamix) until creamy. This might take up to 5 minutes, stop the blender from time to time to scrape down sides.

Once nut mixture becomes creamy, add the nutritional yeast, onion powder and salt. Blend to combine.

Scoop cheese out of blender and place in a small bowl. Mix in chopped chives and parsley (or use a total of 2 tablespoons chives and omit parsley). Do not blend herbs with cheese in blender or the cheese will turn green!

Store in refrigerator. Use as you would use cream cheese.

Note on Chives - I keep a small container of chopped chives in the freezer. For this recipe, just measure out desired amount and mix in, no need to thaw.

recipe from Kris Carr

foolproofkitchen.com