



Cashew Cheese Spread



MAKES 2 CUPS

TOOLS

High-powered blender or Food processor
Knife
Cutting board

INGREDIENTS

1 ½ cups raw, organic cashews
1-2 cloves organic garlic
¼ cup pure water (if you make your own, or have access to it, I highly recommend using rejuvelac instead of water for nutrition, digestion and an even stronger “cheese” taste)
2 tbsp fresh, organic lemon juice
½ tsp fineground sea salt

STEPS

1. Soak your cashews for 1-2 hours.
2. Rinse cashews well.
3. Place all ingredients in the blender until ultra creamy.
4. That’s it! Now enjoy.
5. Store in an airtight glass container in the fridge for up to 2 weeks.

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FORWARD—AND
THAT’S GOOD STUFF.



Here are some fun ideas to change the flavor of this spread. Just add to the blender, to taste.

- Chipotle pepper
- Pink peppercorn, sumac and honey
- Wild-harvested raw honey
- Honey and chili pepper
- Herbes de Provence
- Fresh herbs like dill and/or parsley
- Raw or roasted onion
- Liquid smoke and maple syrup
- Dried or roasted red pepper
- Sundried tomato

IF YOU MAKE THIS RECIPE...

Tell me what YU think!

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