
Cashews: the Best Dairy Alternative

Cook Time: 0 min
Cashew Cream

prep Time: 0 min

total Time: 0 min

servings: 0

Ingredients:

1 cup cashews, soaked, drained and rinsed

1 cup water

Place the cashews and water in a blender and blend until smooth. Store in the refrigerator for a few days or in the freezer for several months.

Reduce the amount of water for a thicker cream if desired.

Cream Cheese

Ingredients:

2 cups cashews, soaked, drained and rinsed

1 1/2 teaspoons probiotics powder

1/4 to 1/2 cup water

1 to 2 1/2 tablespoons lemon juice

2-4 teaspoons nutritional yeast

1/4 to 1/2 teaspoon salt

Instructions:

Place the cashews, probiotics and water in a blender and blend until smooth. Try to use as little water as

possible for a thicker cream cheese. Transfer to a bowl and cover with a cheese cloth or plastic wrap that has a few holes poked through. Another method is to place the mixture in a strainer that has been lined with cheesecloth, cover it up and then place a heavy weight on top. Adding the weight will help push the liquid out. I like to use a jar filled with water. Leave it at room temperature for 18 to 24 hours to allow to culture. It's okay if little or no liquid seeps out. You will know when the mixture has fermented when you can see air bubbles in the cheese.

Notes:

If you don't want to culture the cheese simply leave out the probiotics blending the cashews with water and

go to the next step.
