

## Cashew Cream Cheese

### Ingredients:

- 2 cups cashews, soaked in water overnight
- 1/2 cup water, + more as needed
- 1 clove garlic
- 2 tbsp. lemon juice
- 2 tbsp. nutritional yeast
- 1 tsp. apple cider vinegar
- 1/2 tsp. salt
- 1/4 tsp. black pepper
- 1 1/2 tsp. dried thyme (*optional*)



### Instructions:

**To prepare the cashews** - Place your cashews in a bowl and cover with 2 - 3 inches of water. Let rest overnight, 8 - 12 hours. Drain the cashews and rinse them well.

**To prepare the cheese** - Add all ingredients to a high-speed blender. Mix on high speed until smooth and creamy, about 60 seconds.

Adjust the consistency with water as needed, slowly adding 1 tbsp. more at a time until desired texture is reached.

Taste and adjust the seasoning to your preferences, adding more lemon, herbs, or salt if desired.

**To serve** - Transfer your cashew cheese to a bowl or jar. Garnish with fresh herbs and serve. To slightly thicken the cheese, place it in the fridge for 1+ hours.

**To store** - Keep in an airtight container in the fridge for 5 - 7 days.

In health and yumminess,  
Mindy