

Cashew Cheese

This versatile nut cheese can be spiced up with smoked paprika or Cajun seasoning to give it a special kick. The recipe yields about 1½ cups of cheese.

| <u>U.S.</u> | | <u>Metric</u> |
|-------------|--|---------------|
| 1 cup | Raw cashews, soaked in water for at least 1 hour and drained | 113g |
| 1/4 cup | Nutritional Yeast | 25 g |
| 1 cup | Water | 236.6 mL |
| 2 each | Lemons, juiced | 2 each |
| 2 cloves | Garlic, minced | 2 cloves |
| 1 Tbsp | Sherry Vinegar | 15 mL |
| 1 Tbsp | Dijon Mustard | 15 g |
| to taste | Black Pepper, ground | to taste |
| 1/4 tsp | Salt, Kosher | 1.5 g |
| 1/4 cup | Nuts (Pecans or Walnuts), chopped | 28.5 |

Preparation:

1. Gather all ingredients and equipment.
2. Add all of the ingredients except pecans (or walnuts) to a blender and blend until thick and creamy. It will be the consistency of stirred cream cheese.
3. Scoop the cheese out in to plastic wrap and mold into a log and chill for 2 hours or until it has become stiff.
4. Roll in the chopped nuts to coat.
5. Slice and serve.

Nutrition Facts

| Serving size | 2 Tbsp |
|---------------------|---------------|
| Servings | 12 |
| Calories | 135 |
| Calories from Fat | 90 |
| Total Fat | 10 g |
| Saturated Fat | 1.6 g |
| Trans Fat | 0 g |
| Monounsaturated Fat | 4.7 g |
| Cholesterol | 0 mg |
| Sodium | 77 mg |
| Carbohydrates | 8 g |
| Dietary Fiber | 1.3 g |
| Sugars | 1.7 g |
| Protein | 5 g |
| Vitamin A | 0 % |
| Calcium | 1.2 % |
| Vitamin C | 5 % |

| | |
|------------|------|
| Iron | 7 % |
| Phosphorus | 0 mg |
