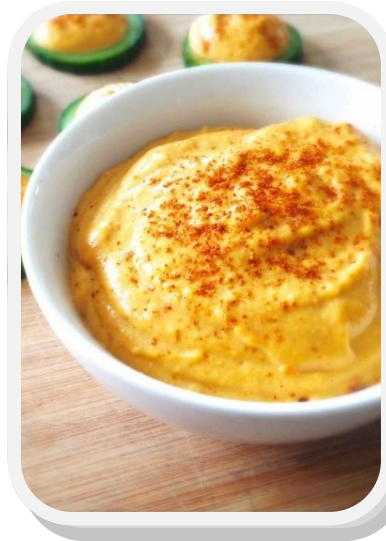


Cashew Cheese Spread

Ingredients:

- 1 1/2 cups raw cashew pieces, soaked in filtered water overnight
- 2 packed tablespoons dry pack sun-dried tomatoes. **Note:** if your sun-dried tomatoes look brownish, so will your final product. Use fresh, bright red sun-dried tomatoes for best results
- 1/4 cup nutritional yeast
- 1 heaped tablespoon mellow white miso
- 2 tablespoon lemon juice
- 1 teaspoon sea salt
- 1 teaspoon onion powder
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon turmeric
- 1/8 teaspoon ground cayenne pepper
- 1/2 cup filtered water



Serves: 40



*VEGAN



*GLUTEN-FREE

Nutrition Facts

Serving Size 1 Tablespoon (30g)
Servings Per Container 40

Amount Per Serving

Calories 90 **Calories from Fat 60**

% Daily Value*

Total Fat 6g **9%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 200mg **8%**

Total Carbohydrate 6g **2%**

Dietary Fiber 1g **4%**

Sugars 2g

Protein 3g

Vitamin A 0% • Vitamin C 2%

Calcium 2% • Iron 15%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

Instructions:

1. Pour the soaking water off the cashews and drain.
2. Place all the ingredients in a food processor and pulse until the mixture turns into a smooth paste, stopping to scrape down the sides as necessary.
3. Transfer the spread into a glass container with a lid and keep it in the refrigerator.
4. This recipe freezes well. Defrost inside the refrigerator.