

Homemade Creamy Cashew Cheese

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 2 cups raw cashews, soaked for 6 hours or overnight
- 2 garlic clove
- 2 tsp apple cider vinegar
- 1/4 cup filtered water
- 1 tsp dried rosemary
- 1/2 tsp sea salt
- Probiotics (30 billion)
- 1 tbsp fresh rosemary for garnish
- Optional: 2 heaping tsp nutritional yeast

Instructions:

1. After cashews have soaked, drain the water and give them a quick rinse.
2. Place cashews in a high power blender and add garlic, apple cider vinegar, water, dried rosemary, sea salt and nutritional yeast if using. Blend until smooth and creamy. See my NOTE about blending!
3. Add probiotics. Sprinkle into blender and blend again.
4. Scrape out the mixture on to a cheese cloth and place in a medium size bowl. Let sit on counter for 24 to 72 hours. Or place in a warm place like the oven, with the oven OFF.

Notes:

*NOTE: The key to get it super creamy is making sure you blend it really really well. It should be almost like cream when it's finished blending. I don't think it would work in a food processor, you need a high power blender like a Blendtec or a Vitamix.