

Cashew Cheese (not-fermented)

Yield: 2 ½ cups

Ingredients:

2 ½ cups cashews (soaked 2-4 hours), rinsed and drained
¾ cup water

Directions:

In a high-speed blender, add cashews and water. Blend until smooth.

Place in a quart size jar and seal with a lid and store in the refrigerator until ready to use. Cashew Cheese will keep for approximately 1 week in the refrigerator.

Cashew Cheese (fermented)

Yield: 2 ½ cups

Ingredients:

2 ½ cups cashews (soaked 2-4 hours), rinsed and drained
¾ cup water

1/8 teaspoon *Ejuva* or equivalent pro-biotic powder

Directions:

In a high-speed blender, add cashews and water. Blend until completely smooth. Then add the pro-biotic powder and pulse in just to mix through

Place in a quart size jar and seal with a lid. Ferment 8 hours in a warm place or until the mixture reaches desired tartness.

Store in the refrigerator in glass jar until ready to use.

