

CASHEW CHEESE SAUCE

A dairy-free cream sauce made from soaked cashews, perfect for crackers, sandwiches, pasta, or as a dip.



Ingredients

- 1 cup raw cashews (see Notes)
- ¼ cup filtered water
- 2 tbsp nutritional yeast
- 1 tbsp lemon juice
- 1 garlic clove (or ½ tsp garlic powder)
- ½ tsp salt (to taste)

Optional

- ¼ tsp turmeric (for colour)
- ¼ tsp smoked paprika (for flavour)
- 1 tbsp olive oil (for creamier texture)

Instructions

1. Soak the cashews based on the [Soaking Times for Nuts](#) chart. Alternatively, you can soak them in hot water for 20 minutes to speed up the process.
2. Drain and rinse the cashews, then add them to a high-speed blender or food processor.
3. Add the water, nutritional yeast, lemon juice, garlic, salt, turmeric, smoked paprika, and olive oil (if using). Blend on high for 1–2 minutes, scraping down the sides as needed, until the mixture is smooth and creamy. Add more water if a thinner consistency is preferred.
4. Taste and adjust the seasoning by adding more salt, lemon juice, or garlic if needed.
5. Transfer the cashew cheese to a bowl and serve immediately, or refrigerate for a few hours to let the flavours meld.

Notes & Tips

- For a thicker cheese, reduce the water. For a creamier dip or spread, add more water.
- You can add other spices like onion powder, herbs, or mustard to vary the flavour.
- Store in an airtight container in the fridge for up to 4–5 days or freeze in a sealed container for up to 3 months.

