

Roasted Garlic Cashew Cream Cheese

This recipe is easily adaptable. You can opt to switch out the herbs and garlic for other favorite cream cheese additions such as dill, chives, lemon zest or blueberries for a sweeter profile.

Looking for a nut free version, try sunflower seeds instead of cashews.

Ingredients:

1 1/2 cups cashews soaked overnight in water or placed in a bowl and covered with boiling water for 1-4 hrs. The longer you soak your cashews the creamier the cheese will be.

2 cloves roasted garlic* (see note)

2 tablespoons of nutritional yeast flakes ([like this one](#))

2 teaspoons herb de Provence

1 teaspoon sea salt

1/4 teaspoon black pepper

3 tablespoons freshly squeezed lemon juice

4 tablespoons of filtered water, divided.

Directions:

1. Put soaked cashews in a food processor or blender with all other ingredients except for water. Pulse until you reach a mealy texture scraping down the sides of the bowl.

2. Add water as needed, starting with 1 tablespoon only and blending until you achieve a hummus-like consistency. You may not need the full 4 tablespoons of water. I usually need 1-2 tablespoons.

Store in an air tight container. Will keep in refrigerator for 5 days.

* To roast garlic, preheat oven to 350F. Place whole garlic onto a small sheet of aluminum foil. Drizzle garlic with 1-2 tablespoons of olive oil and a sprinkle of salt. Seal up tight and bake for 20-30 mins. Your kitchen will smell wonderful which will tell you its ready!

