



Herbed Cashew Cream Cheese

2 cups whole raw cashews, fermented into cheese*
¼ cup lemon juice
2-4 tablespoons organic extra-virgin olive oil
Fresh water, if necessary, to blend
1 teaspoon sun-dried sea salt
2 tablespoons finely diced red onion
1 tablespoon fresh basil, minced
1 tablespoon parsley, minced

In a food processor outfitted with an “S” blade, blend prepared cashew cheese, lemon juice, olive oil and sea salt until smooth. Add water, if necessary, to achieve a smooth consistency. Add red onion, basil and parsley and pulse to mix.

Great served on raw crackers or bread with cucumber and tomato slices, topped with fresh sprouts.

* To ferment the cashew into cheese:

2 cups cashews, soaked for 2 hours
1 cup Rejuvelac, 2 teaspoons unpasteurized miso *or* ¼ teaspoon probiotic powder

Place the cashews in a blender. Add the Rejuvelac, miso or probiotic powder, and blend until smooth, adding more Rejuvelac or water if necessary to form a smooth, creamy texture. Pour the mixture into a glass container. Cover with a lid that is slightly ajar or with cheesecloth, to allow for air circulation.

Place in a warm (not hot) location and allow to ferment for 12-24 hours, until desired tartness is achieved.

Makes 2 cups

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