



RAW VEGAN BASIL CASHEW CREAM CHEESE W/FIGS, WALNUTS & TOAST

INGREDIENTS

2 cups (280 g) – cashew nuts (soak as per Tip#1 instructions)
3 – fresh org large basil leaves
3 tbs (45 ml) – plant-based milk
1 tsp (5 ml) – org lemon juice (or juice from a lemon wedge)
1 tsp (4 g) – Himalayan salt

DIRECTIONS

Tip#1: Soak the cashew nuts overnight with double the amount of filtered or purified water – 2: 4 ratio, and 2 tsp of salt (1 tsp to 1 cup). Refrigerate if soaking overnight. Soak for minimum of 4 hours on top of the counter. Drain the soaking water and rinse well before adding the nuts to the composition.

Basil Cashew Cream Prep:

Step 1

In a high-speed blender, add the following ingredients:

- soaked cashews
- milk
- salt
- lemon juice

Start blending at low speed until all ingredients will start mixing together, and gradually increase the speed to high. After the first 40-sec press pause and using a small silicone spatula scrape down the sides of the blender– continue for another 40 sec on high speed using the tamper this time to help the process. Scrape sides again, and blend on high speed for another 40 sec. After the third cycle of blending, the cashew nuts should look creamy and thick in consistency. Repeat the process once more (if needed) until the mixture is smooth and creamy.

Step 3

Remove the blended cashew cream into a glass container. Wash and dry the fresh basil leaves, chop thinly, and add to the cashew cream. Mix with a spatula to incorporate.

Step 4

Pour the creamy cheese in a round glass container with a lid, or a small round ramekin dish covering with a plastic wrap and refrigerate overnight (at least 16 hours).

Keep refrigerated and consume within 5 days.

Serving Suggestion:

After the refrigeration time, spread the cashew cream cheese on toast, with fresh figs slices, and chopped walnuts. Drizzle maple syrup on top (optional).

PREP TIME: 5 MIN
COOKING TIME: 5 MIN
TOTAL TIME: 10 MIN. + 16 HOURS
REFRIGERATION
SERVES: 10-12

RAW VEGAN
GLUTEN-FREE
REFINED SUGAR-FREE
OIL-FREE
NO THICKENING AGENTS