



Herb Cashew “Cheese”

By: HealingStrong

Prep time:	10 min
Cook time:	20 min
Yield:	½ cup

Ingredients:

- 3 cups raw cashews (soaked for 24 hours, then drained)
- ½ cup water
- 1 tsp probiotic powder
- Juice of 1 lemon
- 2 green onions, chopped
- Large handful of parsley
- 1 clove of garlic minced
- 2 tbs nutritional yeast
- ½ tsp sea salt
- ½ tsp black pepper

Directions:

- Blend the raw cashews, ½ cup of water, 1 tsp of probiotic powder in a food processor *do not add more water
- Place cheese in a glass bowl with lid overnight