

Homemade Creamy Cashew Cheese

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 2 cups raw cashews, soaked for 6 hours or overnight
- 2 garlic clove
- 2 tsp apple cider vinegar
- 1/4 cup filtered water
- 1 tsp dried rosemary
- 1/2 tsp sea salt
- 2 capsules Genuine Health x 15 billion probiotics
- 1 tbsp fresh rosemary for garnish
- Optional: 2 heaping tsp nutritional yeast

Instructions:

1. After cashews have soaked, drain the water and give them a quick rinse.
2. Place cashews in a high power blender and add garlic, apple cider vinegar, water, dried rosemary, sea salt and nutritional yeast if using. Blend until smooth and creamy. See my NOTE about blending!
3. Open up two probiotic capsules of 15 billion. Sprinkle into blender and blend again.
4. Scrape out the mixture on to a cheese cloth and place in a medium size bowl. Let sit on counter for 24 to 72 hours. Or place in a warm place like the oven, with the oven OFF.

Notes:

I used two capsules of Genuine Health Advanced Gut Probiotics, but this cheese would work with only one capsule of 15 billion. *NOTE: The key to get it super creamy is making sure you blend it really really well. It should be almost like cream when it's finished blending. I don't think it would work in a food processor, you need a high power blender like a Blendtec or a Vitamix.