

Plant-based Ricotta Cheese

Recipe by Joy McCarthy from Joyous Health

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Ingredients:

- 3 cups raw cashews, soaked for 4-6 hours
- 3 tbsp lemon juice
- 1/4 cup nutritional yeast
- 1 tbsp garlic powder
- 1/2 tsp fine sea salt
- 1 cup water

Instructions:

1. Discard soaking water from cashews.
2. Add all ingredients to a high power food processor or blender. Blend until creamy.
3. Store in the fridge for up to 10 days.