CASHEW SOUR CREAM

Vegan, gluten-free, grain-free, no bake/raw, oil-free, refined sugar-free, soy-free

Yield: 2 cups (500 mL) Soak time: 1-8 hours

Prep time: 5 minutes Cook time: 0 minutes

INGREDIENTS

- 1 1/2 cups (225 g) raw cashews, soaked
- 3/4 cup (180 mL) water
- 2 tablespoons fresh lemon juice
- 2 teaspoons apple cider vinegar
- Scant 1/2 teaspoon fine sea salt

DIRECTIONS

1. Place cashews in a bowl and cover with water. Soak overnight or for 8 hours if you have the time. For a quick-soak method, pour boiling water over the cashews and soak for 1 hour. Rinse and drain.
2. Place the drained cashews in a high-speed blender.
3. Add the water, lemon, vinegar, and salt. Blend on high until super smooth. You might have to stop to scrape down the blender now and then or add a touch more water to get it going.
4. Transfer into a small, air-tight container and chill in the fridge. It makes 2 cups. The cream will thicken up as it chills. The cream will keep in the fridge for about 1 week. You can also freeze it for up to 1 month. I like to freeze it in silicone mini muffin cups. Once solid, transfer the cups into a freezer-safe zip bag for easy grab and go portions.

NUTRITION INFORMATION – counts as 1 serving of Good fat

Serving Size: **2 tablespoons** (30 mL) | This recipe makes approx. 32 tablespoons

Calories 80 calories | Total Fat 6 grams

Saturated Fat 1 grams | Sodium 65 milligrams | Total Carbohydrates 4 grams

Fiber 0 grams | Sugar 1 grams | Protein 3 grams