

## Cashew Cream

**Prep Time:** 12 hours

**Cook Time:** 0 minutes

**Total Time:** 12 hours (5 minutes active)

**Servings:** 16

**Serving Size:** 2 tablespoons

### Ingredients:

2 cups raw, unsalted cashews  
2 tablespoons nutritional yeast  
2 tablespoons lemon juice  
2 tablespoons non-dairy milk  
1 teaspoon tahini  
½ tablespoon onion powder  
1 teaspoon salt

### Directions:

1. Soak the cashews in water overnight (or at least 30 minutes in hot water).
2. Put everything in a high speed blender or food processor and blend until smooth.
3. Store in an airtight container in the refrigerator for up to a week.

### Tips and Tricks:

### Nutritional Information Per Serving:

**Calories:** 105.8  
**Fat:** 8.2 g  
**Cholesterol:** 0  
**Sodium:** 150 mg  
**Total Carbohydrate:** 6.7 g  
**Dietary Fiber:** 0.8 g  
**Sugars:** 1.1 g  
**Protein:** 3.2 g