





## **INGREDIENTS**

1 cup raw organic cashews, soaked in water overnight

2 Tbsp. full-fat unsweetened coconut milk

Juice of 1 lemon

1 tsp. garlic salt

½ tsp black pepper

3 Tbsp. nutritional yeast

## Cashew Cream Cheese

**Makes Approximately 4-6 Servings** 

## **Directions**

Step 1 Blend all ingredients in a high-speed blender until smooth and creamy.

Amy Meyers MD