

BRYANNA'S CASHEW SOUR CRÈME (OR "YOGURT") (wheat-free and soy-free)

This is a delicious dairy AND soy-free vegan product.

1/2 cup raw cashew pieces
1 cup water
1/4 tsp salt
1/4 cup plain rice or almond milk
2-3 Tbs lemon juice

Blend the cashews, water and salt in a blender for several minutes, or until VERY smooth. Pour the mixture into a heavy medium saucepan and stir over medium-high heat until the mixture thickens considerably. DO NOT ALLOW TO BURN or the taste will be awful!

MICROWAVE OPTION:

Pour the mixture into a microwave-safe bowl and cook on HIGH for 2 minutes, or until quite thick.

With a wire whisk, whisk in the lemon juice (to taste) and the milk until smooth. Place in a covered container and chill. If it's too thick after chilling, add a little water or more non-dairy milk.

For the "yogurt" variation, use just a pinch of salt and use water to thin the mixture to the consistency you want. Add a little more lemon juice if you want more "tang". If you like, you can add some dairy-free acidopholis powder.

Servings: 6

Yield: 1 1/2 cups

Nutrition Facts

Nutrition (per 1/4 cup): 67.3 calories; 67% calories from fat; 5.4g total fat; 0.0mg cholesterol; 86.3mg sodium; 87.5mg potassium; 3.8g carbohydrates; 0.4g fiber; 1.1g sugar; 3.4g net carbs; 2.1g protein; 1.7 points.