

Cashew Sour Cream

Swick

Makes 1 cups | Active Time: 15 minutes | Total Time: 3 hours

Step 1: Soaking the Cashews

- 1 cup raw cashews

Place the cashews into a bowl and cover with water. Let soak for a few hours, or overnight.

Step 2: Making the Cashew Sour Cream

- 1 tbsp fresh lemon juice
- 1/2-3/4 cup water, or as needed
- 1 1/2 tbsp apple cider vinegar
- 1/4 tsp sea salt, or to taste
- 1/4 to 1/2 tsp garlic granules, optional
- 1/4 to 1/2 tsp onion granules, optional
- 1 to 2 tbsp nutritional yeast, optional

To make the sour cream, drain and rinse the cashews. Next, blend together the cashews, water, apple cider vinegar, and lemon juice, until you reach a really smooth consistency. Note: For added flavor, add the garlic and onion granules as well as some nutritional yeast.

Add more water until you reach the desired thickness. For instance, for more of a cream-like consistency, add more water until you reach a thinner, but still smooth, consistency.

Note: This is where a high-speed food processor is worth the investment. The higher the power, the smoother the outcome. Scrape the sides and continue to pulse until smooth. If needed, add a bit more water until you reach the desired consistency.

Use as you would any other flavorful sour cream.

Chef's Notes

For a more neutral flavored cashew cream, omit the lemon juice and apple cider from the recipe.