



V-LEARNING COMMUNITY

Creamy

Begin with a cream base, then create cheese, sour cream, soup, mayonnaise, etc. by adding a few ingredients.

Cashew Cream Base

- 1 cup of soaked cashews (substitutes: soaked nuts/seeds, legumes, tofu, sweet potato, yams, etc.)
- 1/2 teaspoons salt, miso or nutritional yeast
- 1/4 teaspoons lemon powder, grass or lemon peel spice; or 1/2 tablespoon lemon juice (optional)
- Cover with water or vegan milk – soy, coconut, hemp, or almond

Blend all recipe ingredients until smooth with a Vitamix (or another blender device).

Sour Cream

- Cashew cream base
- 1/2 tablespoon apple cider, balsamic, or UME plum vinegar

Cheese Sauce

- Cashew cream base
- 1/4 cup nutritional yeast
- 1/2 teaspoon garlic powder
- 1/4 teaspoon onion powder
- 1/4 teaspoon coriander
- 1/2 teaspoon dry mustard

Please see VLC Recipe Book at www.VLearningCommunity.org for other homemade cheeses

Cream Soup Base

- Cashew cream base
- 1 tablespoon nutritional yeast
- 1 teaspoon miso
- 1/8 teaspoon stevia, 1/2 teaspoon agave or a pitted date

Optional: 1/2 teaspoon dried thyme, 1/2 teaspoon of garlic powder, and 1/4 teaspoon onion powder

Optional: veggies

Whipped Cream (fridge)/Ice Cream (freezer)

- Cashew cream base
- 1 tablespoon avocado, banana, applesauce, soaked nuts/seeds, coconut butter or flakes
- 1/8 teaspoon stevia, 1/2 teaspoon agave or pitted dates

Mayonnaise

- Cashew cream base
- 1 1/2 tablespoons apple cider, balsamic, or UME plum vinegar
- 1/2 teaspoon dry mustard
- 1/4 teaspoon onion powder
- 1/2 teaspoon garlic powder

Tartar Sauce:

- Mayonnaise base
- 1-2 teaspoons of dill weed spice or 3 tablespoons of chopped dill pickles

Salad Dressing:

- Mayonnaise base
- 1 cup of vegetable broth, water, or olive oil
- 1/4 cup nutritional yeast (*optional*)

