



v-LEARNING COMMUNITY

Cashew Cream Recipe

Cashew Cream Base

- 6 oz soaked cashews (subs: soaked nuts/seeds, tofu, coconut milk, cauliflower, butternut squash, legumes, etc.)
- 1/2 teaspoons salt, seaweed granules, 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) or food processor.

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

Also see Cheese recipe for additional options in VLC Recipe Book in the www.vlearningcommunity.org website.

Cream Soup Base

- Cashew cream base
- 1/2 teaspoon of garlic powder
- 1/4 teaspoon onion powder
- 1 tablespoon nutritional yeast
- 1 teaspoon miso
- 1/8 teaspoon stevia, 1/2 teaspoon agave or a pitted date
- 1/2 teaspoon dried thyme
- Mushrooms or other veggies

Whipped Cream

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

Ice Cream

- Cashew cream base
- 1 tablespoon coconut oil
- 3 pitted dates

Note: ice cream maker not required

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*)

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