
Cashew Chipotle "Cheese" - Gluten-Free, Dairy-Free, Soy-Free, and Vegan!

Preparing your own alternatives for dips and cheeses may sound like a complicated process, but this couldn't be further from the truth. This smoky, spicy, and creamy "cheese" can be whipped up in mere minutes, and be ready for you to enjoy as a dip with vegetables, tossed with spiralized zucchini noodles, or with macaroni (brown rice versions to keep it gluten-free!) for a semi-traditional comfort food.

The recipe was shared with us by Navitas Naturals, an excellent retailer for organic and raw "superfoods." Regarding the health benefits, they state, "This cruelty-free [recipe] uses cashews full of minerals to keep our skin radiant ... Cashew nuts are a satisfying and nutritious snack, and offer a rich portfolio of beneficial oils -- including an ideal ratio of healthy saturated, monounsaturated, and polyunsaturated fats. Navitas Naturals Cashews are also a good source of plant-based protein, iron, and other trace minerals." Now that you know how good this recipe is for you, it's time to whip up a batch, so here is the recipe ...

Ingredients

- 2 cups Raw Cashews (like the ones from Navitas Naturals)
- 1 tsp. garlic, fresh
- 1/2 tsp. sea salt
- 1/2 - 1 tsp. chipotle powder, to taste
- 1/4 cup lemon juice
- 1/4 cup filtered water

Directions

In your food processor, place garlic, salt, cashews and chipotle, and process into powder. Next, add your lemon juice and water, and process into a thick cream.