

Cashew Cheese Sauce

As versatile as it is delicious, this plant-based cashew cheese sauce is a creamy, tasty favorite. It's a great dip for chips, pretzels, or fresh vegetables, but it also works well as a sauce for pasta, a drizzle over taco bowls, or a garnish for baked potatoes.

Serving Size



Ingredients

- 2 cups raw cashews (soaked in water for 4-6 hours or boiled for 10 minutes, then drained)
- 3 cups water (adjust as needed for desired consistency)
- 1/2 cup nutritional yeast
- 2 tbsp fresh lemon juice
- 1 tsp garlic powder
- 1 tsp onion powder
- 1 tsp smoked paprika (optional, for a smoky flavor)
- 1 tsp salt (adjust to taste)
- 1/4 tsp turmeric (optional, for color)
- 1-2 tbsp tapioca starch or cornstarch (optional, for a stretchier texture when heated)

Instructions

After soaking or boiling, drain and rinse the cashews thoroughly. Add cashews, 3 cups of water, nutritional yeast, lemon juice, garlic powder, onion powder, smoked paprika (if using), salt, and turmeric (if using) into a high-speed blender.

Blend on high until the sauce is silky and smooth. If it's too thick, add water a little at a time until the desired consistency is reached.

For a stretchier texture, pour the blended sauce into a saucepan. Whisk in the tapioca starch or cornstarch, then cook over medium heat, stirring constantly, until it thickens.

Taste and adjust salt, lemon juice, or spices as needed to your likings! Make it your own.

It is best to store the sauce in an airtight container in the refrigerator for up to 5 days. Reheat gently on the stove, adding a splash of water if it thickens.