

### Fresh Cashew Ricotta

#### Ingredients

- 2 cups Raw cashews (soaked overnight) (Sub Macadamia Nuts, Blanched Almond sunflower seeds if desired)
- ½ tsp sea salt or to taste
- ½ tsp lactic acid or 1 Tbsp Lemon Juice
- 1 cup of water

#### Optional enhancement

- 1 TBSP Nutritional Yeast
- 1 tsp Basil
- ½ tsp oregano
- ½ tsp parsley
- ¼ tsp white pepper
- ¼ tsp more salt

#### Directions

1. Combine the cashews (or sub), salt, lactic acid, and ½ cup water in the blender
2. Pulse a few times and stop to scrape down the sides until cashews are incorporated
3. Blend on medium until the consistency of a wet oatmeal (adding water as necessary)
4. Pulse in any enhancement
5. This is ready to stuff into shells, add to a lasagna, add to ravioli, etc.
6. This will store for about a week in the fridge

Makes about 2 1/2 cups of cheese  
Cost approx. \$3.50-\$4.00

