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## Cashew “Cheesy” Spread

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Prep Time	Cook Time	Total Time	Servings
15 minutes		15 minutes	16 servings of 2 Tablespoons

### Ingredients

- 1 1/2 cups raw cashews, soaked for at least 2 hours or overnight
- 2 packed tablespoons dry pack sun-dried tomatoes
- 1/4 cup nutritional yeast
- 1 heaped tablespoon mellow white miso
- 2 tablespoons lemon or lime juice
- 1 teaspoon salt
- 1 teaspoon onion powder
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon turmeric
- 1/8 teaspoon ground cayenne pepper
- 1/2 cup filtered water

### Instructions

1. Drain the cashews.
2. Place all the ingredients in a food processor and blend until smooth, stopping to scrape down the sides as needed.
3. Keep leftovers in an airtight container in the refrigerator, and consume within five days or freeze for up to six months for later use.

### Bonus Tips

This recipe makes 1 1/2 cups.

Nutrition Facts	
16	
<b>Serving size</b>	<b>2 Tablespoons</b>
<b>Amount per serving</b>	
<b>Calories</b>	<b>70</b>
<b>% Daily Value*</b>	
<b>Total Fat</b> 4.5	<b>6</b>
Saturated Fat 1	<b>5</b>
<b>Cholesterol</b> 0	<b>0</b>
<b>Sodium</b> 180	<b>8</b>
<b>Total Carbohydrate</b>	<b>2</b>
5	
Dietary Fiber 1	<b>4</b>
Total Sugars 1	
Incl. 0 Added Sugars	<b>0</b>
<b>Protein</b> 3	
Vitamin D 0	<b>0</b>
Calcium 10	<b>0</b>
Iron 1	<b>6</b>
Potassium 39	<b>0</b>
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet, 2,000 calories a day is used for general nutrition advice.	