



Ultimate Vegan Cashew Cream

Cashew cream isn't just for vegans and dairy-free cooks. Sure, vegans probably started enjoying this rich, creamy, dairy-free dip long before the rest of us omnivores, but there's no reason that everyone shouldn't have this sauce knowledge in their arsenal. Skeptical? Good — that means more cashew cream for us.

INGREDIENTS

For basic, all-purpose cashew cream:

- 1 cup Farm Fresh Nuts [Raw Cashews](#)
- 2 1/2 cups water, divided
- 1/8 teaspoon kosher salt

For sweetened cashew cream:

- 1 cup Farm Fresh Nuts [Raw Cashews](#)
- 1 dried Medjool date, pitted
- 2 1/2 cups water, divided
- 1/8 teaspoon kosher salt

For "cheesy" cashew cream:

- 1 cup Farm Fresh Nuts [Raw Cashews](#)
- 2 1/2 cups water, divided
- 1 tablespoon nutritional yeast
- 1 teaspoon freshly squeezed lemon juice
- 1/8 teaspoon kosher salt

INSTRUCTIONS

Soak the cashews: Place the cashews (and date, if using) in a medium bowl and add 2 cups of the water. Set aside uncovered at room temperature for 10 to 12 hours. The cashews are ready when they break apart when pressed between two fingers.

Drain and add fresh water: Drain the soaking water from the cashews.

Add the drained cashews (and date, nutritional yeast, or lemon, if using), remaining 1/2 cup water, and salt to a blender.

Blend into cream: Blend on high speed until completely smooth, about 3 minutes. Stop scrape down the sides of the blender and process again for 1 minute.

Store or use: Use immediately or transfer to an airtight container and refrigerate for up to 1 week.