CASHEW NUT *cheese*

Cashews are a good protein source and rich in many minerals and vitamins but I wouldn't class this recipe in the "I eat it because it is good for me" category per se. It is, however, a much healthier substitute for traditional cheese. We all love the taste of cheese and it goes with almost everything...

Many people don't have sufficient lactose, which is an enzyme needed by your body to break down lactose found in dairy products. This is why eating cheese causes digestive issues like bloating, cramping, constipation and heartburn for so many.

I absolutely love this indulgence on gluten free toasties, pizzas and crackers! It keeps well in the fridge for a week. Enjoy all your usual treats without the pain and frustration with this simple and delicious substitute.

INGREDIENTS

- 100g cashew nuts
- Juice of 1 lemon
- 4 tablespoons almond nut milk
- 1/3 teaspoon of salt

INSTRUCTIONS

1. Place cashews, milk, lemon juice and salt in a high speed blender and blend until smooth.

MAKES
210G

PREP TIME
2 MIN

BLEND TIME
1-2 MIN

TOTAL TIME
UNDER 5 MIN

NUTRITIONAL INFORMATION

MAKES 210G

CONTAINS:

573 KCAL
18.6G PROTEIN
44.5G FAT
30.6G CARBS

Health Concepts
GO WITH YOUR GUT

WWW.HEALTHCONCEPTS.IE
+353 87 709 1869
SIOBHAN@HEALTHCONCEPTS.IE