

Recipe Details

Recipe Name - Garlic and Onion Almond Cream Cheese / Cheese Spread

Recipe Steps -

Ingredients

- 2 cups whole raw almonds (soak for 1+ hours, then pull/pinch the skins off)
- 1/2 cup sea moss gel Can omit this ingredient
- 1/2 cup water (if you omit the sea moss, start with ½ cup of water and add more gradually as needed)
- 2 Tbsp nutritional yeast (optional)
- 1 lemon, juiced
- 1 Tbsp raw apple cider vinegar
- 1 tsp garlic powder
- 1 tsp tamari or 1 tsp salt
- 1 Tbsp miso (mild)
- 1/2 cup finely chopped green onions or 1/4 cup finely chopped green onions and 1/4 cup finely chopped parsley (or use your favorite herbs to 1/2 cup)

Instructions

- 1. Soak almonds in water for 1+ hours
- 2. After soaking, peel the skins from the almonds, this can be done by pinching the almond with your fingers, the skins come right off
- 3. Place almonds without skins and all remaining ingredients except herbs (green onions, parsley, etc.) in a high-speed blender
- 4. Blend until smooth you may need to tamp the ingredients down so the blender can blend well
- 5. Once blended, pour into a bowl, add fresh herbs, and incorporate well
- 6. Place ingredients in a bowl lined with parchment paper and place in the fridge
- 7. Enjoy after 5+ hours

Note: If you do not enjoy nutritional yeast, you will not taste it in this recipe. This one is a winner!



