



RECIPES

Creamy Cashew Queso

INGREDIENTS:

1 cup raw, unsalted cashews,
soaked up to 4 hours and
drained
¼ cup water
1 tsp salt
Juice of half a lemon
3 tablespoons nutritional yeast
1/8 tsp turmeric
14oz can diced tomatoes with
green chiles

INSTRUCTIONS:

1. Blend all ingredients EXCEPT diced tomatoes in blender or food processor plus the liquid from the can of diced tomatoes.
2. Blend until smooth and creamy.
3. Transfer mixture to pot, add tomatoes and heat on stove top until warm.
4. Serve with tortilla chips or fresh veggies.

Makes about 2 ½ cups

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or call 504.349.1232*



From: <http://detoxinista.com/2013/01/healthy-queso-dip-dairy-free-soy-free/>

