Sour Cream ’n’ Onion "Cream Cheese"

Try this "cream cheese" on savory bagels and sandwiches.

About the Recipe

98 Calories · 3 g Protein · 1 g Fiber
Sauce/Dressing/Topping

Ingredients

Makes 8 Servings

- 1 cup soaked raw cashews
- 1/4 cup plain nondairy yogurt
- 1 tbsp. freshly squeezed lemon juice
- 2 tbsp. sliced green onion (green portion)
- 1 tsp. chickpea miso or other mild miso
- 1/2 tsp. pure maple syrup
- 1/8 tsp. guar gum (see Note) **optional*
- 1/4 tsp. sea salt

Directions

1. In a blender, blend all the ingredients until very smooth, scraping down the side of the blender as needed. Once smooth, use straightaway or refrigerate in an airtight container for 3 to 5 days. Blender Note: This recipe works best in a high-speed blender with a small jar. If you use a large jar, double the batch; it will move in the blender much more easily for a smoother puree. Guar Gum Note: The guar gum helps create a slight viscous texture to the cheese, which more resembles commercial cream cheese (dairy or nondairy). It’s not essential to the flavor, however. So, if you don’t have it, you can omit and simply chill the

mix to help it set before serving.

Nutrition Facts

Per serving (2 tablespoons)

Calories: 98
Fat: 7 g
Calories From Fat: 62%
Cholesterol: 0 mg
Protein: 3 g
Carbohydrate: 6 g
Sugar: 2 g
Fiber: 1 g
Sodium: 176 mg