# Venezuelan Cachapas

Source: Dora Stone, chef and photographer, founder of Mmmole.com and DorasTable.com

## About the Recipe

**198 Calories · 8 g Protein · 3 g Fiber**
**Side Dish**
**Gluten-free**

If you live in a Latin American country that has starchier corn, you might have to omit the P.A.N. corn flour completely. Follow step 2, and if the batter is too loose, then you can add a little bit of corn flour.

## Ingredients

***Makes Makes 10 cachapas Servings***

- 6 ears of corn
- 1 tbsp sugar
- 1/4 cup almond milk
- 1 tbsp cornstarch
- 1/2 tsp salt
- 3/4 cup P.A.N. corn flour
- 1 cup cashews
- 7 oz low-fat extra-firm tofu
- 2 garlic cloves
- 1 tbsp nutritional yeast
- 1 lemon

## Directions

1. To make the cashew cheese: Soak the cashews overnight in hot water.

2. Drain the cashews, place them in the food processor, and process for 3-5 minutes until the cashews become like a paste. Scrape down the sides of the food processor. Add the tofu, garlic (peeled), nutritional yeast, and 2 tablespoons of lemon juice, and process until you have a smooth paste. Add salt and pepper to taste, and set aside.
3. Cut the kernels (5 2/3 cups or 784 g). Place the corn kernels, sugar, milk (unsweetened), cornstarch, and salt in the blender. Blend until you get a thick mixture that resembles a batter. It shouldn't be completely smooth. Place the mixture in a bowl and add corn flour.
4. Heat a small nonstick skillet to medium-low heat. Pour 1/2 cup of the mixture into the skillet and spread it to make a round pancake. Cook until the bottom begins to brown, 2-3 minutes. Carefully flip the cachapas and cook on the other side. Remove from the skillet and set aside. Repeat this step with the rest of the batter.
5. Spread 1 tablespoon of the cashew cheese and fold the cachapa in half. Serve while hot.

# Nutrition Facts

*Per Serving:*
**Calories:** 198
**Total Fat:** 8 g
    **Saturated Fat:** 1.4 g
    **Calories From Fat:** 36%
**Cholesterol:** 0 mg
**Protein:** 8 g
**Carbohydrate:** 27 g
**Sugar:** 5 g
**Fiber:** 3 g
**Sodium:** 126 mg
**Calcium:** 106 mg
**Iron:** 1.8 mg
**Vitamin C:** 5 mg
**Beta-Carotene:** 98 mcg
**Vitamin E:** 0.4 mg