

Cashew Vegan Sour Cream

Ingredients:

- 1 1/2 cups raw cashews
- 3/4 cup water (room temperature)
- 2 tablespoons apple cider vinegar
- 1 tablespoon freshly squeezed lemon juice
- 1/4 teaspoon salt
- 1 container (5.3 oz / 150 grams) plant-based plain yogurt (optional but recommended)

Instructions:

1. Soak the raw cashews in boiling water. If using a high-powered blender, soak for 2 hours. If not, soak for 4 hours.
2. Drain the cashews and place them in your blender.
3. Add the water, apple cider vinegar, lemon juice, salt, and the optional plant-based yogurt to the blender.
4. Blend until smooth and creamy.
5. Transfer the sour cream to a container and refrigerate. The sour cream will thicken as it sets in the refrigerator.

Nutritional Breakdown (Per 2-tablespoon serving, assuming 16 servings)

- **Calories:** 60
- **Total Fat:** 4.5g
 - **Saturated Fat:** 0.8g
- **Cholesterol:** 0mg
- **Sodium:** 45mg
- **Total Carbohydrates:** 4g
 - **Dietary Fiber:** 0.5g
 - **Sugars:** 0.5g
- **Protein:** 1.8g
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Note: Nutritional values are approximate and can vary depending on the exact ingredients and brands used.