

RECIPE HUB

Cashew Ricotta Vegetarian Dishes

Source: www.organicauthority.com/eco-chic-table/vegan-cashew-ricotta-cheese



SERVES:
2



PREP TIME:
20 MINS

A low-lactose diet is important for people with lactose intolerance. This is a versatile dairy alternative for people with lactose intolerance, an IgG sensitivity to Casein or whey or vegans.

INSTRUCTIONS

1. Put the cashews in a bowl, cover with water, and soak overnight.
2. Drain the cashews well and put into the bowl of a food processor. Pulse several times until the nuts begin to resemble bread crumbs. Add the remaining ingredients and process until the mixture resembles a thick paste.
3. Use as you would regular ricotta as a filling for lasagna, manicotti, stuffed shells or in dips and sandwich wraps. You can also vary the seasonings, swapping the nutmeg for fresh herbs, like basil or oregano, or adding cinnamon for a sweet dish.

INGREDIENTS

- 1/2 cup raw cashews
- 1/4 cup lemon juice
- 2 tablespoons olive oil
- 2 garlic cloves
- 1 pound firm tofu, drained and crumbled
- 1 1/2 teaspoons salt
- 1/2 teaspoons nutmeg

Nutrigenomix® is the science that helps to uncover the relationship between genes, nutrition and human health. **Learn more at** www.rmalab.com/nutrigenomix

 www.rmalab.com |  info@rmalab.com |  403.241.4500