



### Healthy Eating Initiative: Cashew Queso



This ultimate vegan cashew queso dip is made from whole foods that are processed in your blender until it is creamy. There is no cooking, and it is super delicious, quick, healthy, dairy-free, and gluten-free. If you are curious about plant-based eating and love cheese, then this recipe is just for you!

#### INGREDIENTS

- 1 cup of raw cashews.
- $\frac{3}{4}$  - 1 cup of hot water.
- $\frac{1}{3}$  cup of marinara sauce.
- 2 tablespoons of nutritional yeast.
- 1.5 teaspoons of onion powder.
- $\frac{1}{2}$  teaspoons of smoked paprika (can add more if you'd like).
- 1 large clove of garlic.
- 1 teaspoon of sea salt and black pepper to taste.
- $\frac{1}{2}$  teaspoons of chili powder for spice (optional).



#### INSTRUCTIONS

1. Soak your cashews for at least 20 minutes.
2. Add the hot water, marinara sauce, onion powder, garlic, nutritional yeast, smoked paprika, salt, pepper, and cashews into your blender in that order. Process until the mixture is smooth and creamy. If you prefer your queso dip a little on the spicy side, add a pinch of chili powder into the mixture. Add more hot water if needed to reach desired consistency.
3. Drizzle it over nachos, tacos, or veggie burgers. You can also use it as a dip for nacho chips or spring rolls. This cashew queso can be refrigerated for up to one week if you have leftovers.



**Servings:** 8

**Calories:** 101

**Carbs:** 7 grams

**Protein:** 4 grams

**Recipe Credit:** [veggiesociety.com](http://veggiesociety.com)

