

VEGAN LEMON GARLIC RICOTTA SAUCE

INGREDIENTS

- 1 1/2 C** Cashews (raw) (soaked overnight & drained in the morning)
- 1 t** Garlic powder
- 2 cloves** Garlic
- 1/4 C** Lemon juice
- 1/3 C** Water (more as needed)
- 1/4 t** Salt (or to taste)
- Dash** Pepper
- Dash** Cayenne
- 1 t** Italian herbs (optional)
- 3 dashes** Flax seeds (ground) (optional)
- 1/8 t** Nutritional yeast (optional)
- Salt (to taste)



DIRECTIONS

- 1 Place all ingredients in a high speed blender & process until smooth
- 2 You may have to add some water to get the blend moving
- 3 Salt and spice to taste
- 4 Transfer ricotta to a bowl & store in the refrigerator

VEGAN RICCOTA DIP

INGREDIENTS

- 1 C** Pine nuts (soaked overnight)
- 2 T** Lemon juice
- 1 T** Water (may need more)
- 1** Scallion (green onion) (minced)
- 2 t** Thyme
- 1/4 t** Sea salt



DIRECTIONS

- 1 After the pine nuts have sat out all night, rinse them in cold water & allow to drain the water
- 2 In a blender process the pine nuts, lemon juice & water for 1-2 minutes or until smooth
- 3 Add the scallions, thyme & salt
- 4 Process until texture of ricotta
- 5 You may need to add additional water

