

VEGAN CREAM CHEESE★★★★★

COURSE: SNACK CUISINE: VEGAN

KEYWORD: VEGAN CREAM CHEESE PREP TIME: 5 MINUTES

TOTAL TIME: 5 MINUTES SERVINGS: 8 CALORIES: 114KCAL

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Vegan Cream Cheese is perfectly smooth and creamy, with only 5 simple ingredients. You can blend it up in no time, and it's perfect for bagels, crackers, or the base of a dairy-free cream cheese frosting.

EQUIPMENT

- Vitamix

INGREDIENTS

- 3/4 cup cashews (114 grams; not roasted)
- 3 tablespoons refined coconut oil , melted (40 grams; see notes)
- 1 tablespoon lemon juice (14 grams)
- 1/2 teaspoon fine sea salt (4 grams; I use Real Salt brand)
- 1/2 teaspoon white miso (3 grams; optional)
- 6 tablespoons water (92 grams)

INSTRUCTIONS

1. Add the cashews, oil, lemon juice, salt, miso, and water to a blender, and blend until very smooth. Be sure to blend long enough that there are no pieces of cashews remaining, at least 60 full seconds in a high speed blender. (If you don't have a high-speed blender, blend the cashews first to break them down, then add in the other ingredients and blend until smooth.)
2. Pour the mixture into an airtight container with a lid, and store in the fridge overnight, or for at least 4 hours to help it thicken up. It should have the texture of "whipped" cream cheese when it's ready.
3. Serve this vegan cream cheese cold from the fridge, as it will become more runny if it sits at room temperature for too long. See the notes below for making a more firm cream cheese. Store this in the fridge for up to one week, or freeze for up to 3 months.

NOTES

Nutrition info is for roughly 2 tablespoons. This information is automatically calculated, and is just an estimate, not a guarantee.

Use refined coconut oil to avoid a coconut taste in the cream cheese. It should say "expeller pressed" on the front label, or ultra-refined on the ingredient label.

For a more firm cream cheese, add 1 more tablespoon of coconut oil to this recipe. You can also omit 1 tablespoon of water, if you want it extra firm. (The texture reminds me almost of a vegan butter if you omit that tablespoon of water, FYI.)

NUTRITION

Calories: 114kcal | Carbohydrates: 4g | Protein: 2g | Fat: 11g | Saturated Fat: 5g |
Polyunsaturated Fat: 1g | Monounsaturated Fat: 3g | Sodium: 175mg | Potassium: 83mg |
Fiber: 1g | Sugar: 1g | Vitamin A: 1IU | Vitamin C: 1mg | Calcium: 5mg | Iron: 1mg

<https://detoxinista.com/vegan-cream-cheese/>