

## Instapot Cashew Cheese

**The Instapot may be capable of a lot more than you previously imagined. Start with this cashew cheese recipe that won't disappoint!**

Experimenting with new foods is always fun. Although I'm a cheese lover, I do enjoy cashew cheese for its savory flavor and creamy texture. I recently bought an Instapot (a super fast pressure cooker) for those days when I really don't want to cook. I can experiment by throwing a bunch of different foods in there and hope for the best. And so far, so good! This new "skill" ultimately led me to this tasty cashew cheese recipe. Making cashew cheese always seemed tedious and time-consuming, but with the Instapot, it was a breeze! I'm guessing this recipe would also work in a slow cooker or crockpot, but it would have to cook for double or triple the time.

Make more than you initially think you need, because cashew cheese is tasty in many dishes. Recently I've enjoyed it over nachos, on top of patty pan and summer squash, and inside zucchini blossoms lightly fried in olive oil, salt, and pepper.

### Ingredients:

- 4 1/2 cups raw unsalted cashews
- 3 3/4 cups water (you can use up to 4 1/4 cups for a more pourable cheese)
- 1 1/2 tablespoons olive oil (reserve half a tablespoon for food processor)
- 6 garlic cloves
- 6 tablespoons lemon juice
- 8 tablespoons nutritional yeast
- 1 1/4 teaspoons iodized salt
- 1/4 teaspoon chili powder
- 1/4 teaspoon of cumin
- *Optional* -use your favorite family spices like paprika or cayenne

### Directions:

1. Put 1/2 tablespoon of olive oil and garlic cloves in blender or food processor and finely chop.
2. Pour water in the Instapot center pot, and then add in cashews.
3. Juice lemon and then add in Instapot with garlic with remaining olive oil.
4. Add in nutritional yeast, chili powder, and cumin.
5. Select the pressure cook feature, and cook for 16 minutes on high.
6. Use the quick release feature to let cool for a couple of minutes.
7. Sprinkle salt over mixture, then place in blender or food processor and blend until smooth.

Check out my new cookbook for more tasty recipes, [The Plant-Based Boost Cookbook, 100+ Recipes for Athletes and Exercise Enthusiasts.](#)

