



## Recipe Details

Recipe Name - Garlic and Onion Almond Cream Cheese / Cheese Spread

Recipe Steps -

### Ingredients

- 2 cups whole raw almonds (soak for 1+ hours, then pull/pinch the skins off)
- 1/2 cup sea moss gel - Can omit this ingredient
- 1/2 cup water (if you omit the sea moss, start with 1/4 cup of water and add more gradually as needed)
- 2 Tbsp nutritional yeast (optional)
- 1 lemon, juiced
- 1 Tbsp raw apple cider vinegar
- 1 tsp garlic powder
- 1 tsp tamari or 1 tsp salt
- 1 Tbsp miso (mild)
- 1/2 cup finely chopped green onions or 1/4 cup finely chopped green onions and 1/4 cup finely chopped parsley (or use your favorite herbs to 1/2 cup)

### Instructions

1. Soak almonds in water for 1+ hours
2. After soaking, peel the skins from the almonds, this can be done by pinching the almond with your fingers, the skins come right off
3. Place almonds without skins and all remaining ingredients except herbs (green onions, parsley, etc.) in a high-speed blender
4. Blend until smooth - you may need to tamp the ingredients down so the blender can blend well
5. Once blended, pour into a bowl, add fresh herbs, and incorporate well
6. Place ingredients in a bowl lined with parchment paper and place in the fridge
7. Enjoy after 5+ hours

Note: If you do not enjoy nutritional yeast, you will not taste it in this recipe. This one is a winner!

