

Herbed Cheese Spread

This spread is also wonderful stuffed in celery. Try and make it the day before you plan to eat/serve it. It seems to always taste better the next day.

Serves 4-6

Ingredients:

1/2 C cashews, soaked in water for 30 minutes to 1 hour

1/2 C macadamia nuts

1 T Liquid Aminos or Nama Shoyu

1 T lemon juice

1 date, pitted

1/2 t dried Herbs of Province

1/4 t minced garlic

1/4 C filtered water

1 1/4 C fresh spinach

3 fresh basil leaves

1-2 green onions



4 roma tomatoes and finely sliced green apples

and/or 3-4 stalks of celery

and/or dehydrated raw crackers

Preparation:

Place the first set of ingredients in a food processor and blend until very smooth. Clean out your processor and put the second set of ingredients in. Pulse chop until they are finely minced, but not just a green mush.

Gently fold the greens into the cheese-like mixture until well combined. You may now stuff celery with it, top slices of tomato and apples with it, or spread it on top of crackers. It also works well as a dip with carrots and broccoli. Sometimes I just grab a fork and go for it!

**Herbs of Province* is an herb blend that I use often. It is a lovely combination of marjoram, savory, thyme, rosemary, lavender flowers, basil, tarragon, garlic and parsley. If you don't want to purchase it, you may simply substitute a variety of your favorite dried herbs.

This recipe is from The Raw Table