

Cashew Polenta

Serves 4

Polenta Ingredients:

Organic, non GMO Cornmeal (Corn grits)	½ cup
Cold Purified Water	2 cups
Celtic Sea Salt	½ tsp
Cashew Cheese	recipe makes 1 cup

Cashew Cheese Ingredients:

Cashews, soaked overnight	½ cup
Freshly squeezed lemon juice	1 Tbsp
Miso Paste	1 Tbsp
Nutritional Yeast	1 tsp
Celtic Sea Salt	½ tsp
Purified Water	1/8 cup

Cashew Cheese Method:

- Combine all ingredients in a food processor. Blend to a creamy consistency. Reserve for polenta.

Cashew Polenta Cooking Method:

- In a small sauce pan combine cornmeal, cold water and sea salt. Stir until it comes to a simmer.
- Turn heat to low and simmer gently for 30 minutes.
- Fold in Cashew Cheese; salt to taste.