

Cashew Almond Spread

written by admin | August 29, 2011



This spread makes a great sandwich filling but my favorite way to enjoy it is stuffed into bell pepper halves or cucumber boats. You can serve it as a dip with your favorite veggies, too. Be careful not to use too much water when making the almond paste. You can always add a little more water afterwards, if the texture turns out too dry.

Equipment:

- blender
- medium mixing bowl
- chopping board or mini chopper
- measuring cups and spoons

Ingredients:

- 1 cup raw cashews, ground fine (I grind them in my blender.)
- 1 cup blanched almonds (I've also used unblanched almonds and it turns out fine.)
- water, enough to make almond paste (see step #2)
- 1/2 cup celery, diced fine
- 1 medium onion, chopped fine
- 1 tsp Herbamare seasoning (Available at your local health food store.)
- 1 tsp onion powder
- 1/2 tsp garlic powder
- sea salt to taste

Directions:

1. Place ground cashews in a medium mixing bowl.
2. Place almonds in a blender with water JUST LEVEL with the almonds and blend into a paste.
Combine the almond paste with the ground cashews until well blended.
3. Add the remaining ingredients and mix well.

by Jurea Dawson at The Voice in the Wilderness Mission