



Cashew & mushroom dip (makes about 1 cup)

Equipment::

Food processor or blender

Ingredients:

⅓ (heaped) cup cashew—soaked 3-4 hours, rinsed and drained.

2 tablespoons chopped onion

1 tablespoon chopped garlic

1 teaspoon probiotics

(I used “EnteroCare” which has mix of bifido and lactobacillus strains)

1 teaspoon dry porcini—washed, soaked in ¼ cup water. (use the water as well)

1 - 3 tablespoon extra virgin olive oil (some for frying onion & garlic, up to your taste)



Directions:

- 1) Fry onion and garlic with a bit of olive oil.
- 2) Put everything in a blender/food processor.
- 3) Process until cashews are mashed and it becomes smooth or your desired consistency.
- 4) Enjoy with corn chips, your home made crackers or stick vegetables.



This recipe was inspired by a very nice cashew cheese mushroom dip.