



## DAIRY-FREE SOUR CREAM

By Dr. Cindy Tanzar  
(Standard/Vegan/Maintenance)

Sour Cream is great topping on many dishes, but not so good for those trying to avoid dairy. There are two sour cream recipes below and both are creamy, rich and tangy - just like sour cream. While they don't taste exactly like dairy sour cream, they certainly are close and a very tasty alternative. Once added to your food, you will barely notice the difference. The cashew-based recipe is creamier and very neutral in flavor, while the coconut cream-based recipe does have a mild coconut flavor.

Both are good.

Makes 6-8 servings. One serving equals a quarter cup and covers your fat for one meal.



### COCONUT CREAM SOUR CREAM

#### INGREDIENTS

- 1 can coconut milk, refrigerated at least one hour
- 1/8-1/4 cup unsweetened coconut or almond milk (optional)
- 1 Tbsp fresh lemon juice
- 1/2-1 Tbsp Braggs apple cider vinegar, to taste
- 1 tsp extra-virgin olive oil
- Pink Himalayan salt pinch, to taste



## DIRECTIONS

Open the can of coconut milk and scoop out the hardened coconut cream that has separated and risen to the top, and place it into a bowl. Do not use the liquid milk in this recipe.

For less coconut flavor, add the unsweetened almond milk. If the coconut cream is chunky, heat it very briefly in the microwave to soften it. Add the lemon juice and vinegar and mix well. Then add the oil and salt, mixing well. Taste and add more lemon juice or vinegar if you like more acid.

Refrigerate for 30 minutes or until set. You may need to stir/whip it well again if the coconut cream hardens. Just set it out a couple of minutes or briefly microwave it.

## CASHEW-BASED SOUR CREAM

### INGREDIENTS

1 cup raw cashews, soaked 4-8 hours or pour boiling water over cashews and let soak for an hour (see Notes below)  
1/2 cup water  
1 Tbsp fresh lemon juice (or more if needed)  
1 tsp Bragg's apple cider vinegar  
1/4 tsp fine Pink Himalayan salt  
1/4 tsp Dijon mustard

### DIRECTIONS

After soaking the cashews, drain and rinse well. In a blender or bullet, combine all the ingredients, blending until smooth and creamy. You may need to scrape the sides and blend again. If you have difficulty blending or need to thin it out, you may need to add more water, a little at a time. Cashews brands can vary some when blending.

If you like your sour cream tangier, add an additional teaspoon of lemon juice. Additional salt will also intensify the flavor.

Place in the refrigerator. It will thicken as it rests. Enjoy!

### Notes:

I have found bagged, raw cashews on Amazon to be creamier than some I have found at the health food areas of stores. I really enjoy this recipe.