

## CASHEW SEA WHIP CHEESE

Makes 2 cups cheese

1 ½ cups cashews, soaked and drained  
1 tablespoon coconut oil  
1 tablespoon light miso  
1 clove garlic  
2 tablespoons Bull Whip Kelp “Sea Whip” powdered  
¼ cup purified water

In vita-mix, blend cashews, coconut oil, miso, garlic and water until desired consistency. Add Sea Whip and continue blending. You can powder your bull whip by blending in a vitamix until powdery. Make sure to leave the lid on until powder settles.

Remove from vita-mix and add chopped cilantro, basil or your favorite herb for seasoning!

Use on crackers, raw veggies or your favorite dish requiring cheese!  
The Sea Whip adds a nice smooth texture to the cheese and thickens it just right! Love from the Ocean!!