DR. ANNIE FENN’S
HOMEMADE CASHEW LIME CREMA

My brain-friendlier take on sour cream is just as tangy and decadent as the original, but is packed with nourishing ingredients. The brain-healthy diet proven to fend off Alzheimer’s is low in saturated fats (like in traditional sour cream) and rich in the mono- and polyunsaturated fats found in nuts. Soaking the cashews in water ahead of time is the secret to making this creamy, nut-based sour cream. For a basic sour cream without lime flavors, substitute lemon juice for the lime juice and omit the lime zest.

**INSTRUCTIONS:**

Place the cashews in a medium bowl and cover with water. Soak for at least 1 hour and up to overnight. Drain off the water and discard. Place the cashews in a blender.

Add ¼ cup water, the lime juice, vinegar, and salt and blend on low speed to make a thick paste. Add more water by the spoonful with the blender on medium speed. Keep adding water until the cashew mixture is the consistency of heavy cream. Increase the power to high and blend until very creamy, about 1 minute.

Scrape the cashew cream into a bowl and cover tightly. Chill in the refrigerator for at least 1 hour before serving. It will get thicker as it chills.

Just before serving, sprinkle with lime zest.

**To Store:** Keep in an airtight container in the refrigerator for up to 5 days or freeze for up to 1 month.

*Makes 2 cups*

**INGREDIENTS:**

- 1½ c. raw, unsalted cashews, soaked
- Up to ¾ c. water
- 2 T. fresh lime juice
- 2 tsp apple cider vinegar
- ½ tsp kosher salt
- Zest of 1 lime, about 2 tsp

*Copyright @BrainHealthKitchen 2020 All rights reserved.*