

Cheesy WOW Spread (FP)

Pearl chimes in... I was so inspired by Rashida's WOW spreads and have been using them so much that I thought it would be a great idea to try a dairy-free, savory, cheesy version. It turned out great and since it is FP, I have been using it in place of Light Laughing Cow Cheese and other cheeses in so many of my meals and snacks lately. (I still enjoy dairy sometimes, but since I'm about to turn 50 and my hormones have changed . . . my weight these days appreciates me not eating too much dairy.) This goes great on a sprouted-grain sandwich with turkey and/or tomato! It is a mild, smoky Gouda-type of flavor and it also works well on crackers and veggies. As written, the flavor here is mild. If you want to kick the flavor up . . . go way higher on the garlic, onion, and paprika, and add a little cayenne. You could even do a Mexican version with chili powder and cumin, but perhaps try this milder version first before going wild. I know Serene did a dairy-free cheese alternative in our Trim Healthy Table book, but it called for agar-agar to help it set, which most people don't have . . . so the recipe didn't get the love it probably deserved. Thankfully, this just uses pectin and gelatin, which you can find at most grocery stores, and this recipe is really easy to make. If you don't have Gluccie, just sub it out for xanthan gum.

Multiple Servings

INGREDIENTS:

- 1 cup unsweetened almond or cashew milk
- 1/3 cup water
- ¼ cup [TH Oat Fiber](#)
- 2 Tbs [TH Nutritional Yeast](#)
- ½ tsp plus another ⅛ tsp [TH Mineral Salt](#)
- ½ tsp Bragg Liquid Aminos (if you don't have, add just a pinch or two more salt)
- ⅛ tsp smoked paprika
- ¼ tsp onion powder
- ¼ tsp garlic powder
- ½ tsp lemon juice (bottled or fresh)
- ½ tsp sesame oil
- 1 Tbs liquid pectin
- 1 ½ tsp [TH Just Gelatin](#)
- ½ tsp [TH Glucomannan "Gluccie"](#) (Or xanthan gum)



DIRECTIONS:

1. Add all ingredients to blender in order (meaning end with Gluccie). Blend well.
2. Pour mixture into a small saucepan and heat until hot, but not boiling (whisking well a few times).
3. Pour into a pint jar, leave on the counter to cool a little, and then put a lid on and transfer to fridge. It should thicken up over several hours . . . Best after 4 to 6 hours.

Note: If you want this to last longer in your fridge, try adding ¼ teaspoon citric acid.

This and other delicious TH recipes can be found at www.TrimHealthyMembership.com