

# Arugula and Cashew Spread – Vegan

Prep Time: 10 minutes  
Total Time: 10 minutes

Yield: 2 cups  
Serving Size: 8  
Calories per serving: 213  
Fat per serving: 17 grams

## Ingredients

- 3 cups arugula
- 1 cup cashew nuts, raw or toasted
- 1/4 cup nutritional yeast flakes
- 1 clove garlic, peeled
- 3 tablespoons olive oil
- 3 tablespoons lemon juice
- 1 pinch black pepper
- 1 pinch red chili pepper (optional)

## Instructions

1. In a food processor, add cashews, nutritional yeast, and garlic.
2. Pulse gently, so that the ingredients are combined, but the nuts are still chunky. Set aside.
3. In the food processor, add olive oil, lemon juice, and arugula. Blend well until combined.
4. Mix arugula mixture into cashew mixture, and season with black pepper, and the chili peppers, if using. Serve with crackers or toast.
5. Can be store in a fridge up to 3 days.

## Notes

Nutrition facts (per serving-1/4 cup): Calories: 213, from fat: 148, total fat: 17g, cholesterol: 0mg, sodium: 5mg, total carbohydrate: 10g, fiber: 2g, sugar: 2g, protein: 7g.