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UNIDADE 7 – Receita 10

Queijo Cremoso Vegano

Para 2 a 4 pessoas

Quantidade / Ingredientes

150 g Castanhas de caju
(deixar de molho em água durante a
noite)
30 g Óleo de coco
1 colher de sopa de vinagre de maçã
1 pitada de pimenta moída
1 a 2 colheres de sopa de sumo de lima
1 a 2 colheres de chá de levedura em
flocos
2 a 3 g Sal

Para decorar:

10 g cebolinha fresca ou outras ervas
1 colher de sopa de sementes de sésamo
pretas ou torradas

Preparação:

- Escorrer a água em que as castanhas de caju ficaram de molho.
- Bater as castanhas de caju de molho com todos os ingredientes.





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