
Dr. Ruby's Super Veg Pizza with Cashew Cheese

By Ruby Lathon, PhD

Ingredients:

- 1 organic whole wheat or gluten pizza crust (or make crust)
- 1 cup cashew cheese (see recipe below)
- 2 medium-large vine ripened or roma tomatoes
- 1/4 cup sundried tomatoes, chopped
- 1 cup spinach, chopped
- 1 cup crimini or button mushrooms, sliced
- 1 small shallot, sliced
- ½ medium/large red onion, thinly sliced
- 5 mini bell peppers or ½ red or yellow bell pepper
- 1 tablespoon olive oil
- 2 tablespoons fresh or dried oregano
- 2 tablespoons fresh or dried basil
- ½ teaspoon sea salt
- Cracked pepper to taste



Directions:

1. Bake pizza crust at 425 degrees for 8 minutes, remove and let cool for 3-4 minutes.
2. Spoon a thick layer of cashew cheese onto crust, spread evenly
3. Sprinkle half oregano and basil over cheese
4. Place thinly sliced tomatoes side by side until crust is completely covered. Drizzle or brush with olive oil and sprinkle with sea salt
5. Add chopped spinach, onions, mushrooms, peppers, shallots and sundried tomatoes evenly over pizza.
6. Top with remaining oregano, basil and sea salt.
7. Spoon a few small dollops of cashew cheese on top and spread gently over pizza. Drizzle with remaining olive oil. Top with cracked pepper.
8. Bake at 400 degrees for 10-12 minutes until slightly browned. Serve immediately. ENJOY!

Cashew Cheese

Ingredients:

- 1 cup raw cashews, soaked for 2 - 24 hours, drained
- Juice of 1 lemon
- 1-2 tablespoons nutritional yeast
- 1 tablespoon olive oil
- ½ -1 teaspoon sea salt
- 3 cloves garlic
- 1 teaspoon tamari or liquid aminos
- 3 tablespoons to ¼ cup purified water

Directions:

1. Blend all ingredients together in a high speed blender until smooth. Add enough water to mixture to keep blender moving.
2. Mixture should be thick and slightly pourable. Scoop out with a spatula.
3. Use immediately or refrigerate cheese for later use—cheese will thicken (to consistency of cream cheese) after chilled for 3 hours.