



Spreadable Vegan Sage & Onion Cheese

With its spreadable consistency, this flavoursome sage and onion vegan cheese is smooth and spreadable, making it a great addition to a cheeseboard or sandwich.

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Everyone knows the best part of a [vegan roast](#) is the stuffing, and now you can enjoy it in cheese form with this delectable spreadable vegan sage and onion cheese recipe. With its festive flavours, it's the perfect addition to a Boxing Day sandwich or festive vegan cheeseboard.

Created with just a handful of readily available ingredients, this recipe combines the aromatic flavours of sage with the sweet and comforting aroma of caramelised onions, resulting in a richly flavoured vegan cheese that promises to tantalise taste buds.

To make this easy [vegan cheese recipe](#), start by heating a teaspoon of vegetable oil in a pan over a medium flame and sauté diced onions and fresh, aromatic sage for a brief 4-5 minutes until the onions achieve a tempting golden-brown hue.

Meanwhile, combine soaked cashews, lemon juice, water, and a generous sprinkle of nutritional yeast in a blender, blending until luxuriously smooth before incorporating the fragrant sautéed onions and sage. Season according to preference, and refrigerate until ready to serve.

This easy-to-follow recipe yields a dairy-free cheese that's both creamy and full of robust, savoury undertones, making it the perfect cheese for spreading on crackers at Christmas.

Total Time: 30 minutes

Ingredients (Servings: 6)

- 1 tsp vegetable oil
- 1 onion, diced
- 2 Tbsp fresh sage, chopped
- 120 g cashews, soaked overnight
- 1 Tbsp lemon juice
- 2 Tbsp water
- 2 Tbsp nutritional yeast

Method

1. Put the oil into a frying pan over a medium heat, then add the onion and sage and fry for 4-5 minutes until the onions have browned.
2. Add the cashews, lemon juice, water and nutritional yeast to a blender and blend until smooth. Fold in the onions and sage and season to taste. Store in the fridge until serving.

Nutritional information per serving (48g): **Calories** 128, **Fat** 9.5g, **Saturates** 1.6g, **Carbohydrate** 8g, **Sugars** 2.1g, **Fibre** 1g, **Protein** 4.4g, **Salt** 0.01g

Need some inspiration for your Christmas dinner menu? We've got you covered with our best-ever [vegan Christmas recipes](#).