

Herbal Legacy Recipes

Basic Nut Cheese

From www.therawchef.com

INGREDIENTS:

- 2 cups cashews soaked 20 minutes
- 1 cup water
- 1 teaspoon probiotics

DIRECTIONS:

1. Blend all ingredients in a high-speed blender until smooth.
2. Place the mixture in a strainer that has been lined with cheesecloth and place a weight on top. The weight should not be so heavy that it pushes the cheese through the cheesecloth, but heavy enough that to gently start to press the liquid out.
3. Leave to culture for at least 24 hours but no longer than 48 hours.
4. Once culturing is complete add the following ingredients:
 - ¾ teaspoon salt
 - 2 teaspoon nutritional yeast.
5. Transfer the cheese to a ring mould.
6. Place in the refrigerator in the ring mould for 24 hours or in the freezer for 1 to 2 hours and then remove the ring mould to place the whole thing in the dehydrator at 105 degrees for 24 hours to get a rind.



NOTE: This is incredible on apple or pear slices. Also delicious on raw vegetables.

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<http://www.herballegacy.com/Recipes.html>

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