

Almond Cheese

Yields about 2 cups

Ingredients:

1½ cups almonds skins removed, then soaked 6-8 hours (2 cups once soaked – see note on page 70)

1/8 teaspoon probiotic powder OR 1 emptied capsule

2 cups water to blend

Directions:

Once skins are removed and almonds are soaked 6-8 hours, rinse and drain them.

Place the white peeled almonds into a high speed blender, along with the probiotic powder and water. Blend mixture until smooth and fluffy. If necessary, use a spatula to gently guide the sides of the mixture into the center vortex, being careful not to work too deep and engage the blender blade.

Place smooth almond cheese inside a ***More than a Nut Milk Bag***. Let sit in a quart jar or bowl for 2-3 hours. This allows the probiotic to incorporate into the cheese and begin the fermentation process.

Note: If you do not do this step, no worries, but allowing the mixture to rest for a couple of hours before hanging gives you a quicker, more uniform fermentation, and more of the probiotic is retained in the cheese instead of draining away.

Hang the mixture over a bowl or plate to catch any excess liquid as your cheese ferments. Leave for approximately 6-8 hours or until desired taste is achieved.

Over for sweet and savory variations...

...Recipe continued from other side

Savory Cheese

Yields about 2 cups

Ingredients:

2 cups almond cheese

1 Tablespoon + 1 teaspoon nutritional yeast

1 teaspoon garlic powder

½ teaspoon salt

1½ teaspoons smoked paprika

1 teaspoon tomato powder (page 22)

1 teaspoon maple syrup

2 Tablespoons minced onion

½ cup minced bell pepper

Directions:

In a mixing bowl, fold in nutritional yeast, garlic powder, salt, paprika, tomato powder and agave. Hand mix until well-incorporated.

Once mixture is smooth and well-incorporated, add and fold in the onion and bell pepper.

Sweet Cheese

Yields about 2 cups

Ingredients:

2 cups almond cheese

2 teaspoons nutritional yeast

1 Tablespoon + 1 teaspoon maple syrup

¼ cup soft apricots finely chopped

¼ teaspoon salt

¼ teaspoon vanilla extract

½ cup dried figs finely chopped

1 vanilla bean, scraped (the caviar – see page 80)

Directions:

In a mixing bowl, fold all ingredients together until well-incorporated.