

Macro Friendly Vegan Cheese



PREP TIME

20 mins

COOK TIME

10 mins

TOTAL TIME

32 mins



COURSE

Dinner, Gluten Free, Lunch, Sides, Snacks



SERVINGS

12 servings

CALORIES

45 kcal

INGREDIENTS

Rejuvelac

- ½ c Quinoa
- 2 c water

Cheese

- 1 c rejuvelac
- ⅓ c Cashews soaked
- 5½ oz firm tofu
- 3 Tbsp Nutritional Yeast
- 2 Tbsp miso
- 1 tsp salt
- ½ c water
- 2 Tbsp agar powder not flakes
- 2 Tbsp water
- 2 Tbsp tapioca starch

INSTRUCTIONS

Making rejuvelac

1. In a mesh strainer, place 1/2 c (92g) dry quinoa and rinse it. Put the wet quinoa in a jar or glass and place on the counter for 6-8 hours until the little quinoa berries sprout tails.
2. When the quinoa has tails, add 2 c (240ml) water to the jar. Loosely cover with a lid or a cheesecloth and let sit on counter for 24-36 hours or until the water is cloudy.
3. Strain the liquid into a new jar and store in the fridge. This is rejuvelac!

Culturing the Cheese

1. In a blender, add 1 c. (120ml) rejuvelac, cashews, tofu, nutritional yeast, miso and salt. Blend until completely smooth. This may take a couple of minutes.
2. Place the container of cheese mixture on the counter for 8-12 hours until the mixture tastes tangy.

Molding the Cheese

1. In a medium saucepan, over low heat, add 1/2 c (120ml) water and 2 Tbsp (10g) agar powder. Whisk quickly. Cover pot and let sit undisturbed for 3 minutes.
2. While that is cooking, in a small bowl, dissolve 2 Tbsp (16g) tapioca starch in 2 Tbsp (15ml) water.
3. While whisking continuously, add the cheese mixture to the agar mixture and whisk for 3 more minutes.
4. While continuing to whisk, add the tapioca solution to the cheese mixture. After adding this, the mixture will thicken considerably and start to stretch like melted cheese.
5. You could serve it as is in a saucy dish, but if you'd like solid cheese, pour the mixture into a mold and put in the fridge overnight.
6. Cut the cheese into 12 servings. You can slice it, serve it cold, shred it, or melt it!

NUTRITION

Nutrition Facts

Macro Friendly Vegan Cheese

Amount Per Serving

Calories 45	Calories from Fat 21
% Daily Value*	
Fat 2.3g	4%
Carbohydrates 4.1g	1%
Protein 2.1g	4%

* Percent Daily Values are based on a 2000 calorie diet.



Tried this recipe?

Let us know how it was!