

Raw Vegan Yogurt Recipe

Prep: 10 mins

Cook: 0 mins

Fermentation Time: 24hrs

Total: 24hrs 10 mins

Servings: 4 servings

This raw food version of plain yogurt can be enjoyed in many ways. You can flavor it for a simple yogurt. It can be served with homemade raw vegan granola or some fresh fruit. The process is the same as raw nut cheese recipes, but with a different nut-to-water ratio for a thinner, more spoonable result.

As with store-bought yogurt, a little water will settle at the bottom of this yogurt. It is the more sour part of the equation but is perfectly safe to consume. The water adds a tangy flavor if that suits you. Otherwise, you may want to scoop the yogurt off and pour out the water.

Add fruit, nuts, or a drizzle of raw vegan sweetener (agave nectar or maple syrup or whatever you like) and enjoy a delicious raw vegan breakfast or snack!

Ingredients

- 1 cup macadamia nuts, or cashew nuts, soaked in water for 2 hours, then drained
- 1 cup water
- 1 tablespoon lemon juice, optional

Steps to Make It

1. Gather the ingredients.
2. Place the nuts in the blender with half of the water. Blend for 20 seconds.
3. Add the remaining water. Blend until a creamy, smooth consistency is reached.
4. Transfer the mixture to a clean glass jar and cover with plastic wrap, held on with a rubber band. Leave in a warm place to ferment, 16 to 24 hours. The longer it sits, the more fermentation that will occur.
5. Stir in lemon juice, if using, and refrigerate to chill.