



Healthy Plant-based Recipes:

Vegan Cheese #1

Ingredients

- 2 cups water
- 3 teaspoons agar powder
- 1 cup cashews
- 1 Tablespoon lemon juice
- ½ teaspoon turmeric
- 1 Tablespoon yeast flakes
- 1 teaspoon salt
- 1 vegetable stock cube

Method

- Bring water to boil and then add the agar powder
- Let the agar and water boil for a few minutes, stirring to make sure it is dissolved
- Place the water and agar into a blender with the remaining ingredients and blend well until smooth
- Pour into a container and place in the refrigerator until set

Notes

- This cheese can be sliced on sandwiches or grated on top of pizzas, lasagnas, hay stacks, etc.