



Healthy Plant-based Recipes:

Vegan Cheese #2

Ingredients

- 1 ½ cups almond or soy milk
- 1 ½ Tablespoons agar powder
- 2 Tablespoons coconut oil
- 1 ½ Tablespoons tapioca flour
- 1 ½ Tablespoons chickpea (besan) flour
- 2 Tablespoons nutritional yeast flakes
- 1 ½ Tablespoons lemon juice (around ¾ lemon)
- 1 teaspoon salt

Method

- Place all ingredients except milk and agar powder into a bowl
- Mix milk and agar powder in a pot and bring to the boil while stirring. Turn down and let bubble gently while stirring for 4 minutes to activate the agar.
- Blend everything together (either add ingredients from bowl into pot and stick blend or place everything in a blender and blend for 30 seconds or until thoroughly mixed and has a silky smooth texture)
- Pour mixture into a small rectangular dish. Work fast as this cheese sets really quickly.
- Place in the freezer for 15 minutes to set. Keep in the refrigerator after that.