

RECIPE

French Vegan Garlic and Herb Cheese



Prep time: 1 day and 1 hour

(It has to sit overnight)

Ingredients

- 2 cups of raw cashews
- 2 cloves of garlic (minced)
- ½ tsp of Garlic powder (or more to taste)
- 1 medium lemon (zested)
- 2 medium lemons (juiced)
- ¾ cup of water
- 2 tbsp of nutritional yeast
- ½ tsp of sea salt
- 2 tbsp of olive oil
- 2 tbsp of fresh dill

Preparation

1. **Place the cashews in a bowl and cover them with the water.** Wrap it up in a Saran Wrap and and let them soak in the refrigerator.
2. After 12 hours have passed, drain the cashews and place them in a food processor with the Garlic, Garlic powder, lemon juice, lemon zest, ¾ cup of water, nutritional yeast, salt and olive oil
3. **Blend it all together until it is smooth.** You might need to scrap the sides a couple times. After it is blended, give it a taste to to adjust the seasonings as needed; Lemon zest for tartness, Nutritional yeast for cheesiness, Garlic for zing, and salt for the balance of all the flavor.
4. **Place a fine mesh strainer over a larger mixing bowl,** and lay down two cheesecloths (or a clean, fine absorbent towel).

5. Using a spatula, scoop all the cheese over the cheesecloth, then gather the corners and twist the top gently to form the cheese into a “disc” (it doesn’t have to be a perfect shape) Secure it with a rubber band.
6. Place in the refrigerator for 12 hours to let it set. The goal is for all of the excess moisture to be wicked away and for the cheese to hold its shape when released from the cheesecloth.
7. When serving, unwrap the cheese cloth and gently invert the cheese into a serving platter. You may reform the shape as needed, sprinkle some fresh dill on top to make it look pretty. It’s is very fragile so be extra careful when handling it.
8. Enjoy the cheese spread on your morning toast or waffle. Store it covered in the refrigerator, and eat it within 5 days (I don’t imagine you will have any issue with that). I like to spread it on a morning waffle with a slice of avocado on top.



Nutritional benefits

Vegan cashew cheese is a great source of protein, iron, and fiber. It is also packed with magnesium, vitamin E, and Calcium. Cashews are very healthy for our heart with its high levels of iron and Monounsaturated or “good” fat, that raises our good (HDL) cholesterol and gives us a sense of fullness.