

Basic Nut Cheese



Almond Cheese Recipe

Almond cheese can be used in the place of ricotta or feta cheese. The basic almond cheese recipe is where you start. Once you have the cheese made, you can use it as is, or season it to make other cheeses, such as Herb, Garlic, or Onion flavored Cheese.

Almond cheese is a healthy, fermented food that adds more variety to the raw food diet. It can be used as a dip, in appetizers, or delicious recipes, such as lasagna, or raw food versions of cooked recipes that call for ricotta or feta cheese.

Basic Nut or Almond Cheese Recipe

Equipment Needed: high speed blender, cheese cloth or nut milk bag

Ingredients:

- 1 cup of almonds, soaked for 12-24 hours, then hot soaked and almond skins removed - see note below for hot soaked almonds
- Approximately 1/2 cup water, perhaps more to thin mixture if necessary
- 1/2 teaspoon [Liyfbiotic probiotic powder](#)

Note: a variation on recipe is to use pine nuts instead of almonds (when you pine nuts, you will not hot soak and remove skins)

Preparation Steps:

1. Place soaked and peeled almonds, water and probiotic powder in a high-speed blender (Vitamix) and blend until smooth. If necessary, add water to achieve a smooth, creamy consistency, but don't make it too thin.
2. Either pour mixture into nut bag, placed in a colander, or using 4-5 berry baskets placed inside each other as a colander (those plastic green baskets you get when purchasing berries), line the inside of basket with cheesecloth, allowing several inches of cloth to drape down the sides, and pour contents into cheese cloth.



3. Set the colander or basket on top of a shallow plate. The dish will catch the liquid as it drains from the cheese.

4. If using cheesecloth, fold excess cheesecloth over the top of the cheese. Place cheese in a warm location, not hot, to ferment. You can put cheese in a dehydrator to warm. Place a weight on top of the cheese to help press out the excess liquid. You can use a jar filled with water as your weight.



5. Allow cheese to culture for about 8-12 or up to 24 hours, or until cheese reaches a flavor that suits your taste.

6. Once cheese is ready, the next step is to season it. See below, Herb/Ricotta Cheese recipe for ideas as to how to season cheese.

Storage: After cheese is cultured, store in a sealed glass container in the refrigerator. Will last approximately 1 week.

Note - Hot Soaking Nuts:

To hot soak and peel almonds, place several cups of water in a saucepan and bring to a boil. Turn off heat, add almonds and let them set for a couple minutes. This should be long enough to loosen the almond skins or peel so almond easily pops out of its skin when pinched. Rinse with cold water, then remove skins.

Where to purchase LiyfBiotic Probiotic powder - [Click Here](#)

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