

# VEGAN GOAT CHEESE

Russell James

Raw Nut Cheese e-Book



## INGREDIENTS – day one

2 cups raw unsalted macadamias, soaked 4 hours  
1 cup water  
1 tsp. probiotics powder (*I used New Chapter Organics All Flora*)

## INGREDIENTS – day two

1 tsp. nutritional yeast  
½ tsp. salt  
1 tsp. lemon juice

Soak the macadamia nuts in filtered water for 4 hours. Rinse under cold water.

Blend the soaked nuts with 1 cup of filtered water and 1 tsp. probiotics powder in your high-powered blender. Make sure all of the nuts are blended well and there are no chunks.

Transfer the mixture to a cheesecloth-lined strainer that has been placed over a bowl. Fold the cheesecloth over the cheese and place a weight over the top (*I used a plate with pie weights over it*). Allow this mixture to cure at room temperature for a full 24 hours.

Once the cheese has cured, mix in the nutritional yeast, salt, and lemon juice.

Place the mixture in a saran wrap lined spring form pan (*I used a 5" pan*) and place in the refrigerator to firm-up.

When the cheese is firm and ready to serve, top it with your choice of toppings i.e. pesto, chopped sundried tomatoes, herbs. This cheese is great served with crackers, on a salad, or in a sandwich.