

What Do You Do Without Cheese?



Almond Parmesan

1 cup raw almonds

1 tbsp nutritional yeast

1 tsp salt

1 tsp garlic powder

Combine ingredients in a food processor until almonds are ground. Be careful not to over-process the almonds into a paste. A great substitute for parmesan cheese! Sprinkle on baked sweet potatoes, gluten-free pasta, rice dishes, and salads!

Cashew Cheese Sauce

4 oz soft tofu (organic, non-gmo)

½ cup raw cashews

½ cup nutritional yeast

1 tbsp lemon juice

1 tbsp apple cider vinegar

1 tsp salt

2-4 tbsp water (if desired)

Blend tofu, cashews, nutritional yeast, lemon juice, vinegar, and salt until smooth. Add water 1 tbsp at a time until desired consistency is reached. If your blender is not strong enough to blend the cashews, then soak them in water for 8 hours before making sauce.

This sauce is great for gluten-free mac and cheese, on roasted or steamed veggies, on veggie tacos and burritos, and as a spread on gluten-free sandwiches and wraps!

Vegan Cream Cheese - from Veg News

2 cups raw cashews

½ cup plain unsweetened soy yogurt (organic, non-gmo)

½ tsp salt

In a blender, combine all ingredients until smooth. Transfer mixture into a large bowl, cover with a towel or plastic wrap, and let sit at room temperature for 24 to 48 hours until cheese is very thick and has developed some level of sharpness. Store in the refrigerator in a closed container for up to 4 weeks.

Use just like cream cheese :-)

Ricotta or Feta Cheese

1 lb. firm tofu, preferably sprouted (organic, non-gmo)

¼ cup nutritional yeast

1 tsp salt

1 tbsp lemon juice

1 lb. firm tofu preferably sprouted (organic, non-gmo) ¼ cup nutritional yeast 1 tsp salt 1 tbsp lemon juice in a medium bowl, mash tofu using a mashed potato utensil or a fork until the tofu is crumbled. Add the nutritional yeast, salt and lemon juice and stir. Use in place of feta cheese in Greek salads or spanakopita or use instead of ricotta in lasagna or baked dishes.