



CASHEW IN VEGAN

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Cashew Dill Cheese Recipe



Ingredients

- 1 cup water, 1 teaspoon agar powder
- 1 cup raw cashews
- 1/4 cup nutritional yeast
- 1 teaspoon onion powder
- 1 teaspoon seasalt
- 1/4 cup chopped fresh dill

Preparation

1. Lightly grease 6 spaces in your muffin tin using vegetable oil like sunflower or safflower.
2. Place the cashews, nutritional yeast, and salt and onion powder in a blender or food processor and

- process until you have a fine cashew texture (not cashew butter).
3. Heat water in a small saucepan to a boil and add the agar. Stir with a whisk and Reduce the heat to a simmer continually stirring for 5 minutes.
4. Add the cashew mix into the agar and water mix and stir with whisk to fully combine. Then add the dill and stir a few times.
5. Now spoon the mixture into the 6 muffin tins spaces and place in the fridge. Let the cheese set for about an hour uncovered in the fridge and then turn out the cheese onto a plate and enjoy!

Dates and Cashew Vegan Balls Recipe



Ingredients

- 1 cup dates, deseeded
- 1 cup cashew nuts
- 1/2 cup grated coconut
- A pinch of rock salt
- 1 Tbsp virgin coconut oil

Instructions

1. Soak the dates in water for 1 hour. Drain and pat dry.
2. In a food processor, add the cashew nuts and grated coconut and blend until nice and crumbly.
3. Add the dates, salt and virgin coconut oil and pulse again until you acquire a sticky mixture.
4. Take small scoops of the mixture on your palms, and roll to form balls.
5. Place the balls on a baking tray lined with parchment paper, and refrigerate for atleast 1 hour.
6. Serve chilled.

Note: This energy booster is the perfect snack to nibble on. Loaded with the goodness of dates, cashew nuts and coconut, you can also throw in some seeds of your choice

Vegan Cashew Ranch Dip Recipe



Ingredients

- 2 cups cashews, soaked for 2+ hours and drained
- 3/4 cup water
- 2 tablespoons apple cider vinegar
- 2 medium cloves garlic
- 2 teaspoons celery seed
- 2 teaspoons onion powder
- 1/4 teaspoon sea salt
- 1 tablespoon fresh chives, coarsely chopped
- 1 tablespoon fresh dill, coarsely chopped
- 1 tablespoon extra virgin olive oil

Preparation

1. Drain the cashews of any excess water.
2. In your food processor, process the cashews, water, and apple cider vinegar until combined.
3. Add the garlic cloves, celery seed, onion powder, and sea salt and process again until combined and smooth.
4. Transfer to a bowl and fold in the dill and chives.

Drizzle the top with extra virgin olive oil, and additional chopped herbs.

Easy Garlic & Herb Vegan Cheese



Ingredients

- 2 cups raw cashews
- 2 cloves garlic, minced (2 cloves yield ~1 Tbsp)
- 1/2 tsp garlic powder (plus more to taste)
- 1 medium lemon, zested
- 1/4 cup lemon juice (2 medium lemons yield ~1/4 cup or 60 ml)
- 1/2-3/4 cup water
- 2 Tbsp nutritional yeast
- 1/2 tsp sea salt
- 2 Tbsp olive oil

For Serving

2 Tbsp finely minced fresh dill

Instructions

1. Place cashews in a bowl and cover with cool water. Cover with plastic wrap and set in the refrigerator to soak for 12 hours*. If you can't get to them right away, drain, place back in bowl, and cover with plastic wrap. They will keep refrigerated for 24-36 hours.
2. Once soaked, drain cashews thoroughly and add to food processor. Add minced garlic, garlic powder, lemon zest, lemon juice, water (starting with lesser end of range), nutritional yeast, salt and olive oil.
3. Process until very creamy and smooth, scraping down sides and adding additional water as needed. Then taste and adjust seasonings as needed, adding more lemon zest for tartness, nutritional yeast for cheesiness, garlic for zing, or salt for flavor + balance
4. Place a fine mesh strainer (or colander) over a large mixing bowl, and lay down two layers of cheesecloth (or a clean, fine, absorbent towel).
5. Use a spatula to scoop all cheese over the cheesecloth, then gather the corners and twist the top gently to form the cheese into a "disc." Secure with a rubber band.
6. Place in refrigerator to set for at least 6 hours, preferably 12, or until excess moisture has been wicked away, and it holds its form when released from the cheesecloth.
7. To serve, unwrap from cheesecloth and gently invert onto a serving platter. Reform with hands or cheesecloth as needed, then coat with chopped herbs and a bit more lemon zest (optional). It is fragile, so handle gently.
8. Enjoy chilled with crackers or vegetables. Cheese will hold its form for 1-2 hours out of the refrigerator, but best when chilled. Leftovers keep well covered in the refrigerator up to 5 days.

Vegan Cheese with Garlic and Herbs

Ingredients

- 1 13.5 oz can coconut milk full fat
- 1/2 cup hot water
- 1 1/4 tsp salt
- 2 tbsp nutritional yeast
- 2 tbsp agar agar powder or 6 tbsp flakes
- 1/2 tsp lemon juice
- 2 tsp herbs de Provence or other dried herbs of choice
- 2-3 cloves garlic minced
- 1 spray oil on the glass container

Instructions

1. Prepare cheese molds by spraying a glass bowl or container with spray oil or rub any neutral-flavored oil on the molds to prevent sticking. (Recipe will make about 2 cups of cheese).
2. Pour the can of coconut milk into a saucepan.
3. Put 1/2 cup of hot water into the empty coconut milk can to melt all the remaining coconut milk and add the water to the pan.
4. Add all remaining ingredients to the saucepan and stir with a whisk.
5. Turn heat on to medium and stir frequently until it boils.
6. Turn down the heat until the cheese sauce is just barely boiling and stir constantly for 6 minutes until it is very smooth.
7. Immediately pour into the prepared cheese molds.
8. Let it cool with the lid off for about 15 minutes at room temperature, cover, and then transfer to the refrigerator for at least 2 hours to firmly set.
9. Once the cheese is cooled completely cover and store in the refrigerator in a sealed container for up to a week.



Recipe Notes

How to make meltable vegan cheese:

1. Add all of the ingredients to a saucepan except only add 1/4 cup of water instead of 1/2 cup and only add 4 tsp of agar agar instead of 2 tbsp.
2. Heat the cheese sauce over medium heat until it begins to boil.
3. Turn down the heat until it is just barely bubbling and allow to boil for 5 minutes while stirring frequently.
4. Add 2 tbsp plus 1 tsp of tapioca starch (7 tsp) to 1/4 cup of cold water and stir until it dissolves.
5. Add the starch and water mixture to the boiling cheese sauce while stirring it in with a whisk and then cook for an additional 1 minute. (Your cheese will become very thick and stretchy).
6. Pour into a glass container and allow to cool uncovered in the refrigerator for at least 3 hours before shredding.

A message about Agar- Agar:

1. Use agar agar powder not flakes if you can and measure carefully. Make sure to use 2 tablespoons not teaspoons!
2. If your cheese is too soft or jello-like, your agar agar is not strong enough. (Some people from different areas in Europe have reported that the cheese does not set hard enough. This is due to the different strengths of agar agar sold in different places. Double the agar agar next time you make it).

The Best Vegan Mozzarella Cheese – Melts And Stretches

Ingredients

- 1 can coconut milk full fat or coconut cream (13.5 oz can)
- 1/4 cup warm water
- 1 1/4 tsp salt
- 2 tbsp nutritional yeast
- 4 tsp agar agar powder
- 7 tsp tapioca flour (This is the same as 2 tbsp + 1 tsp)
- 1/4 cup cold water
- 1/2 tsp garlic powder

Instructions

1. Prepare a glass, ceramic, or silicone mold and have it ready to pour the cheese into when you are done. (I spray mine with a little oil to help it come out easier, but it's not necessary).
2. Add a 13.5 oz can of coconut milk (or another cheese base), 1/4 cup of warm water, 2 tbsp of nutritional yeast, 4 tsp agar agar, 1/2 tsp garlic, and 1 1/4 tsp salt.
3. Heat the cheese sauce over medium heat until it begins to boil.
4. Turn down the heat until it is just barely bubbling and allow to boil for 5 minutes while stirring frequently.
5. Add 2 tbsp plus 1 tsp (or 7 tsp.) tapioca starch to 1/4 cup of cold water and stir until it dissolves.
6. Add the starch and water mixture to the boiling cheese sauce and stir it in with a whisk and Cook for an additional 1 minute. (Your cheese will become very thick and stretchy).
7. Pour into a glass container and allow cooling uncovered in the refrigerator for at least 3 hours before shredding
8. Store covered in an air-tight container for 5 days in the fridge or up to 3 months in the freezer.



Vegan Smoked Gouda

Ingredients

- 1 13.5 oz can coconut milk full fat
- 1/2 cup hot water
- 1 1/4 tsp salt
- 1 tbsp nutritional yeast
- 2 tbsp agar agar powder
- 1/4 tsp garlic powder
- 2 tbsp liquid smoke hickory flavored (or 1 tsp smoked paprika)

Instructions

For hard sliceable cheese:

1. Prepare cheese molds by spraying a glass bowl or container with spray oil or rub any neutral-flavored oil on the molds to prevent sticking. (Recipe will make about 2 cups of cheese).
2. Pour the can of coconut milk into a saucepan.
3. Put 1/2 cup of hot water into the empty coconut milk can to melt all the remaining coconut milk and add the water to the pan.
4. Add all remaining ingredients to the saucepan and stir with a whisk.
5. Turn heat on to medium and stir frequently until it boils.
6. Turn down the heat until the cheese sauce is just barely boiling and stir constantly for 6 minutes until it is very smooth.
7. Immediately pour into the prepared cheese molds.
8. Let it cool with the lid off for about 15 minutes at room temperature, then cover and transfer to the refrigerator for at least 2 hours to firmly set.

How to make meltable vegan cheese:

1. Add a can of coconut milk, 1/4 cup of water, nutritional yeast, 5 tsp agar agar, liquid smoke, garlic powder, and salt to a saucepan.



2. Heat the cheese sauce over medium heat until it begins to boil.
3. Turn down the heat until it is just barely bubbling and allow boiling for 5 minutes while stirring frequently.
4. Add 2 tbsp plus 1 tsp of tapioca starch (7 tsp) to 1/4 cup of water and stir until it dissolves.
5. Add the starch and water mixture to the boiling cheese sauce while stirring it in with a whisk and then cook for an additional 1 minute. (Your cheese will become very thick and stretchy).
6. Pour into a glass container and allow cooling uncovered in the refrigerator for at least 3 hours before shredding.

How to Make Vegan Parmesan Cheese

Ingredients

- 3/4 cup raw cashews
- 3 Tbsp nutritional yeast
- 3/4 tsp sea salt
- 1/4 tsp garlic powder

Instructions

1. Add all ingredients to a food processor and mix/pulse until a fine meal is achieved. Store in the refrigerator to keep fresh. Lasts for several weeks.
2. I love vegan parmesan on top of chilaquiles, vegan pizza, breadsticks, pastas and gratins. It's also a great addition to vegan meatballs and can be converted into Mexican cheese 3 ways!

Vegan Mexican Cheese (Three Ways)

Ingredients

For the Shakeable:

- 3/4 cup raw cashews
- 3 Tbsp nutritional yeast
- 1/2 tsp sea salt
- 1/4 tsp garlic powder
- 1/2 tsp cumin
- 1/4 tsp chili powder

For the Spread:

- 1 1/2 cups raw cashews
- 3 Tbsp nutritional yeast
- 1/2 tsp sea salt
- 1/4 tsp garlic powder
- 1/2 tsp cumin
- 1 pinch chili powder
- 1 chipotle in adobo with a little sauce (or sub salsa or your favorite hot sauce)
- 1 Tbsp olive or avocado oil (for blending // optional)



For the Queso:

- 1 cup of the spreadable + hot water

Instructions

1. To make the shakeable cheese, add all ingredients to a food processor and pulse until a fine meal is achieved (see photo). Store in a jar and refrigerate, and use on anything from tacos to salads to tofu scrambles.
2. To make the spreadable cheese, add raw cashews to a food processor and process into butter, scraping down sides as needed. Add in spices and chipotle pepper and mix until a spread is formed. You may need to add a little oil to help things blend together. Store in a jar and refrigerate to keep fresh, and use as a dip or spread.
3. To make the queso, simply scoop out desired portion of the spreadable cheese and add very hot water a little at a time and whisk until pourable. Use as a dip, spread, or topper for burritos, nachos, tacos and salads. Store leftovers in a jar in the fridge to keep fresh.

Cashew-Less Vegan Queso

Ingredients

- 7-9 rounds of eggplant (sliced 1/4-inch thick // half of a medium eggplant yields 7-9 rounds)
- Olive oil
- Sea salt
- 1 1/2- 2 cups unsweetened original almond milk
- 2-3 Tbsp nutritional yeast (see instructions)
- 1/4 tsp finely minced fresh garlic (I used crushed garlic from Trader Joe's)
- 1 tsp cumin
- 1 tsp chili powder
- 2 tsp cornstarch (optional for thickening // sub another thickener if desired)
- 1/4 cup chunky medium salsa (slightly drained // OR 1/4 10-ounce can of Rotel original diced tomatoes and green chilies)
- Smoked paprika and hot sauce (optional // for added color and flavor upon serving)

Instructions

1. Slice your eggplant into thin rounds just under 1/2 inch (not quite 1/4 inch). Then sprinkle both sides of the flesh with a little sea salt and arrange in a colander to help draw out some of the moisture and bitterness. Let set for 10-15 minutes. Then rinse with cool water and thoroughly pat dry between two clean towels.
2. Preheat oven to high broil and place an oven rack near the top of the oven. Arrange the dried eggplant rounds on a baking sheet lightly spritzed with non-stick spray and drizzle both sides of the eggplant with a little olive oil. Sprinkle with a very small amount of salt.
3. Broil on high for 4-5 minutes on each side, watching carefully as to not let them burn. Flip at the halfway point to ensure even cooking. Once the eggplant appears tender and both sides have golden brown color, remove from the oven and wrap loosely in foil to steam.
4. After a few minutes, unwrap and peel the eggplant skin away. It should come right off. If you pack your



- roasted eggplant into a 1-cup measuring cup, it will be almost 1 cup (amount as original recipe is written // adjust if altering batch size).
5. Place eggplant in a blender with almond milk (starting with the lesser amount), nutritional yeast (starting with the lesser amount), minced garlic, cumin, chili powder and cornstarch and blend on high until smooth and creamy. Taste and adjust seasonings as needed. I added a pinch more sea salt and a little more nutritional yeast. To thin, add more almond milk.
 6. Transfer to a small saucepan and warm over medium to medium-high heat until slightly thickened and bubbly – about 5 minutes. The longer you go the thicker it will become.
 7. **NOTE:** If it isn't looking as thick as you want, thicken with a slurry of cornstarch by adding an additional 1 tsp cornstarch to a small bowl with a little almond milk and 2-3 Tbsp of the cheese mixture (amounts as original recipe is written // adjust if altering batch size). Whisk to combine and then stir back into the pot. This should thicken it right up.
 8. Once hot and thickened, remove from heat and stir in DRAINED salsa or Rotel. Don't put the liquid in or it will make it runny. Pour into a serving dish and top with a little smoked paprika and hot sauce for flavor/color.
 9. Serve with chips, crackers or veggies. Keep warm in a mini crockpot or over a tea light warmer if you have one. Microwaves well.
 10. **NOTE:** When this dip sits out for a long time it loses its orange hue. It doesn't affect the flavor but it doesn't look as appetizing, so it's really best when fresh!
 11. Refrigerate and cover leftovers. Reheats extremely well in the microwave or in a saucepan. Will keep for up to a few days, but best when fresh.

