

Easy Vegan Cheese



LIVE LEAN HEALTH

Women Health and Wellbeing



Welcome

My name is Chantal, I am a Board certified Holistic Health Coach, plant based Nutritional advisor, Functional movement teachers and Author. I am also the founder of @LiveLeanHealth and Eco Dharma Village in Portugal. I have been Vegan since 2013 and not a day goes by that my only regret is not to have gone plant based sooner.

My health and mental clarity took a turn, for the better, the moment I cut animal products and built a closer relationship with nature. Not to mention that my love for animals started making sense too. In my practice, I focus on transforming women's health through plants, which I believe are God's medicine! I am so incredibly passionate about this journey and I cannot wait to take you along with me for a week of fun, enjoying some smoothies and getting you started on your path to health too.

[Learn how to works NEXT](#)



Equipment

- Medium saucepan
- Colander/Strainer/Sieve
- Cheese Cloth
- Measuring cups and spoons
- Silicon spatula
- Whisk
- Ceramic plate and bowls
- Parchment paper
- Baking tin (about 25*35cm big= 9.5*13.5 in)
- Tissue paper
- High Speed Blender (ideally you would have a very powerful blender like Vitamix, but if it is not in your price range, feel free to use any decent blender, It might just take a little longer to have the results. For some recipes a Nutribullet works too)
- Food Processor (optional)
- Cheese basket (optional for the shape of cheese like Ricotta)



Easy Peasy Creamy Cheesy

Ingredients

1 cup /130g raw cashews (soaked overnight or for 1hr in hot water)
¼ cup/60ml filtered water
¼ cup/32g nutritional yeast
2 Tbs. lemon juice
2 cloves garlic
1 Tbs. un-pasturised apple cider vinegar (can add more if you like vinegar like I do; diminish the amount of water if so)
1 Tbs. Dijon mustard
pinch of sea salt

Method

- Drain the cashews after soaking for at least 1 hour in hot water. Place in blender and add in all the other ingredients.
- Blend together for 3 minutes until completely smooth.
- Taste and if it needs more of a kick, you can opt to add some cayenne pepper or 1 extra spoon of apple cider vinegar.
- Enjoy as spread with some crudité's or sourdough bread.



Ricotta

Ingredients

1 litre/ 22ounces Soy Milk (good quality/unsweetened)

5 tbsp/70ml Fresh Lemon Juice

1 tbs Nutritional yeast (optional)

1-2 tsp Salt

Equipment

Saucepan, Sieve, Cheesecloth Cheese basket (optional for shape)

Method

- Place the soy milk in the saucepan and heat. It needs to be hot but not boiling
- Turn off the heat and add in the lemon. Stir just to mix and then let it cool so it can curd for 15 /20 min
- When cooled and you see curds, pour in a cheese cloth over a sieve to remove the excess liquid (you want the curded bits to stay in the cloth. You might need to help the draining by gently squeezing the excess liquid, but don't overdo it. I
- n the cloth, add the salt and nutritional yeast and mix well.
- If you have a basket, add the content in it and set it on something to elevate the basket from a dish, as the liquid will continue straining from the basket whilst it sets.
- If you do not have a basket, just keep the content in the cheese cloth and place it to rest over the sieve with a dish beneath to collect the liquid.
- Let it set for at least 8 hours in the fridge before eating



*This photo shows you the shape of ricotta if you use a basket
Source: Veg taste A to Z*

Almond Yoghurt

Ingredients

1 litre /33 ounces Almond Milk (can be home made)

4 tbsp Arrow Root

½ tsp agar agar

5g /1 oz of powdered yoghurt starter

1 tsp vanilla

1 tbsp maple syrup (optional)

Equipment

High power blender. Can use the instant pot for fermentation

Method

- Blitz the milk, arrow root and agar together
- Heat the milk and simmer for 5 minutes
- Cool the milk to 42C /107F
- Dissolve the starter culture in the milk and mix well.
- Add vanilla and sweetener if you choose
- Incubate in a container for 12 hours. If using the container you can wrap it in a towel and keep it in the warmest place in your kitchen (you can place your oven at a very low heat and let it sit in there. Dehydrators are great for this,
- If you have an Instant pot, there is a yoghurt setting and it does it all for you



Cheese Sauce (amazing for Mac&Cheese)

Ingredient

1 Butternut Squash

1tbsp tapioca flour

1/4 cup/ 32g nutritional yeast

½ lemon, juiced

1 clove garlic, minced

1/2 tsp. salt

1/2 tsp. onion powder

1/4 - 1/2 tsp. turmeric

1/4 tsp. ground paprika (Smoked if you like)

Plant milk as needed (add only after the initial blending to see how much you need)

Equipment

High power blender.

Method

- Peel , chop and roast the butternut squash . Roast the garlic too for 5 min to enhance the flavors.
- When the butternut is ready and cooler, add all the ingredients in the blender and blend to let it get smooth.
- If you need, add the plant milk to make it smooth then you are ready to use it as a dip or In a dish , like Mac & Cheese or Nachos



Recipe: www.liveleanhealth.com/mains/mac-and-cheese

Feta Cheese

Ingredient

200g /8 oz sunflower seeds , (soaked overnight or 1 hr in hot water)

1 tsp Sea Salt5g

1 tbsp Nutritional Yeast

1 tbsp Apple Cider Vinegar

1 Clove Garlic

200ml / ¾ cup Water

1 tbsp dried Oregano,

Equipment

High power blender. Parchment paper and Oven tin

Method

- Preheat the oven at 160C/320F
- Placed the soaked sunflower seeds in the blender with all the other ingredients and mix until completely smooth
- Check seasoning and add anything that you feel is missing
- Line the baking tin and place the mixture in it . Then bake for 40 min (keep an eye on this as it depends on the oven. Feel free to poke to top to see that the toothpick comes out dry to check if ready
- Let it set and then use on salads and pasta dishes



Thank You

Every step you take towards a kinder diet, has a ripple effect on our animals and planet. Thank you
Love & Health



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