

Vegan Cheddar Cheese

Prep Time 15min Cook Time 5min Chilling time 3 hours
Servings: 16 servings Calories: 82kcal



Ingredients

- 1 cup raw cashews (soaked for 5 min in boiling water)
- 4 Tbs lemon juice
- 1/4 cup avocado
- 1/2 cup nutritional yeast
- 1 Tbs cornstarch
- 2 tsp paprika, smoked for smoky flavored cheese
- 1/4 tsp turmeric
- 1 1/2 tsp salt
- 2 cups water, divided
- 1 Tbs agar agar powder

Instructions

1. Prepare 2 small ramekins or 1 larger container by lightly spraying with oil.
2. Drain the cashews and add them to a blender along with the lemon juice, refined coconut oil, nutritional yeast, cornstarch, paprika, turmeric, salt and 1 cup of fresh water (not the full 2 cups). Blend well, scraping down the sides of the blender as needed, until completely smooth.
3. In a small-medium pot, add 1 cup water and the agar agar powder. Stir until it dissolves (this only take a minute). Now add the cashew mixture from the blender to the pot.
4. Turn the heat on to high, bring to a boil and stir for 1-2 minutes, whisking constantly. It will thicken somewhat in the pot.
5. Immediately pour the cheese into the container & smooth out the top with a spoon.
6. Refrigerate for 2-3 hours until firm, turn upside down on a plate to remove from container.
7. **Storing:** Wrap it in paper towels and then plastic wrap to keep it dry and firm. It will keep in the refrigerator for 5-6 days. I haven't tried freezing it but I think it will work okay.

Notes

1. **MUST use REFINED coconut oil**, not unrefined. Refined coconut oil has no coconut taste whatsoever, and if you use anything else, it will not work.
2. May sub tapioca starch for cornstarch if needed.
3. Agar agar powder is best, but if you have flakes 3 tablespoons should work.
4. **Kappa Carrageenan** - If you would rather use this than agar agar, it will work but the process is a bit different. Simply add 1 1/2 tablespoons kappa carrageenan to the blender along with 2 full cups of boiling hot water and carefully blend. The cheese will be more firm, and I don't believe it tastes as good cold. But it will shred better.

Nutrition

Serving: 1 serving | Calories: 82kcal | Carbohydrates: 4g | Protein: 2g | Fat: 7g | Saturated Fat: 4g | Sodium: 219mg | Potassium: 85mg | Fiber: 1g | Sugar: 1g | Vitamin C: 1mg | Calcium: 3mg | Iron: 1mg

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