

Vegan Cheddar Cheese

- 1 ½ c. water
- 4 T. agar flakes (New Seasons Market or Whole Foods)
- ½ c. raw cashews
- ¼ c. nutritional yeast
- ¼ c. fresh red pepper, chopped
- 1 ½ t. onion powder
- ¾ t. salt
- ½ t. garlic powder
- ½ t. paprika
- Juice of 1 lemon or 2 T. lemon juice

Directions

1. Bring water and agar flakes to a boil and remove from heat.
2. Add to blender with all remaining ingredients and blend until very smooth.
3. Pour into a container and refrigerate until firm.

*Notes

- Add your own favorite herbs like basil or oregano!
- Stir in roasted red pepper, chopped olives, or jalapenos for variations!
- Use as a pizza topping or in lasagna!
- Mash with a fork and add chopped tomatoes, onions and olives. Add a little oregano and spread on buttered bread and place under broiler for a tasty toasted cheese bread!

Why not real cheese? We advocate the Garden of Eden diet that consists of fruits, nuts, grains and vegetables. This diet makes the best blood for a healthier you!

"Many a mother sets a table that is a snare to her family. Flesh meats, butter, cheese, rich pastry, spiced foods, and condiments are freely partaken of by both old and young. These things do their work in deranging the stomach, exciting the nerves, and enfeebling the intellect. The blood-making organs cannot convert such things into good blood. The grease cooked in the food renders it difficult of digestion." Counsels on Health, 114, 1890