

Making cheese is easy!

Homemade plant-based cheese basics

Why it can be healthy

- No cholesterol; far less saturated fat
- Nuts and seeds bring fiber and minerals
- Cultured versions add live probiotics
- You control the salt and the oil

Three easy bases

- Cashew: soak 4 hours, blend with lemon and salt
- Tofu feta: marinate in brine and herbs
- Sunflower seed: budget, nut-free option

Making v. buying

- Store-bought is often coconut oil and starch
- Low in protein, high in sodium
- Check for added B12 and calcium
- Homemade wins on nutrition and cost

Flavor without excess

- Nutritional yeast for savoury depth
- Lemon, vinegar or culture for tang
- Miso and mustard for aged notes
- Salt last — taste, then adjust



Sample recipes

Cashew cheese sauce

- ½ cup cashew nuts
- 2 Tablespoons sesame tahini (optional)
- 3 cups water
- 1 Tablespoon lemon juice
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 ½ teaspoon salt
- 2 Tablespoons nutritional yeast
- ¼ cup cornstarch

Blend all ingredients until very smooth.

Place in a saucepan and bring to a boil while stirring.

Adapted from Cheesy Sace, *Best Gourmet Recipes of Five Loaves*.

Nut-free option

- 2 cups diced potatoes (Yukon Gold works best for creaminess)
- 1 cup diced carrots (gives the cheese its yellow-orange color)
- ½ cup nutritional yeast (for the cheesy flavor)
- ½ cup water or unsweetened plant milk
- 1 tablespoon lemon juice or apple cider vinegar
- ½ teaspoon turmeric
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- Salt to taste (start with ½ teaspoon)

Boil or steam the chopped potatoes and carrots for 12 to 20 minutes until they are very soft. Drain but save a little of the cooking water.

Put the hot veggies nutritional yeast, liquid, lemon juice, salt and spices into a blender. Blend on high speed until the sauce is completely silky and creamy. Add a splash of water or plant-based milk if it is too thick.

Tofu feta

- 2 Tablespoons warm water
- 1 teaspoon white miso
- 2 Tablespoons light olive oil
- 1 Tablespoon nutritional yeast
- 1 Tablespoon apple cider vinegar
- 1 teaspoon lemon juice
- 1 ¼ teaspoon salt
- ½ teaspoon garlic powder
- 1 teaspoon oregano
- 1 package firm or extra firm tofu

Drain and press your tofu.

Add water, miso, olive oil, nutritional yeast, apple cider vinegar, lemon juice, salt, garlic powder, and oregano to a dish and stir well.

Cut tofu into cubes, add it to the marinade and flip it with a spatula until it is well coated.

Allow your tofu feta to sit in the fridge for at least an hour to let the tofu soak up the flavors (overnight recommended).

<https://thehiddenveggies.com/vegan-feta-cheese/>