



Cashew Mozzarella

1/2 cup raw cashews, soaked for at least 2 hours if not using a high-powered blender
1/2 cup water
2 tablespoons tapioca starch
1/2 teaspoon sea salt
1-2 tablespoons nutritional yeast to taste
1 teaspoon olive oil
1 teaspoon vinegar or lemon juice
1 clove garlic or 1/4 teaspoon garlic powder optional

Add all ingredients to a blender and blend for 2-3 minutes until completely smooth, scraping down the sides once or twice as needed.

Pour the mixture into a small saucepan and cook over high heat for 4-5 minutes, stirring constantly with a silicone spatula. The mixture will start to look curdled after a couple minutes, and this is exactly what you want! Keep stirring. After a few more minutes it will come together in a cohesive ball that will stretch when lifted with the spatula. Your mozzarella is done!

At this point you can use it lots of different ways. Here's some suggestions:

Hot out of the pan: Blob it on pizza, spread it on bread and make grilled cheese or spread it on tortillas for a quesadilla.

Chilled: Chill the mozzarella ball for at least 4 hours. When chilled it is easier to manipulate and you can cube it for caprese salad skewers, grate it for pizza on a large hole box grater, slice it thin and layer it in lasagna.

Store mozzarella in an airtight container in the fridge for up to 5 days or in the freezer for up to 3 months. With a little arm power, the cheese can be grated straight from the freezer onto pizza, quesadillas and grilled cheese sandwiches.

Caprese Bites

½ recipe cashew mozzarella (above)
1 pint cherry or grape tomatoes
½ cup basil leaves, cut into quarter sized pieces
Balsamic vinegar, for drizzling
Toothpicks

Fill a large bowl with ice water and set aside. Make cashew mozzarella as directed above. Dip two spoons into the ice water and then scoop a heaping teaspoon sized blob of hot mozzarella out of the pan. Form a ball using the two spoons. Drop the mozzarella ball into the ice water and repeat with remaining hot mozzarella. Allow to cool in ice water for 3-5 minutes to set up.

Take one toothpick and pierce a mozzarella ball, one tomato and one piece of basil. Repeat with remaining ingredients. Drizzle with balsamic vinegar and enjoy!



Tofu Ricotta

Makes about 2 cups

- 1 14-ounce block firm tofu
- 2 tablespoons nutritional yeast
- 1 tablespoon lemon juice
- ½ teaspoon sea salt
- ½ teaspoon garlic powder

Crumble the tofu in the bowl of a food processor. Sprinkle remaining ingredients over the tofu. Pulse the tofu mixture until smooth. Season with more salt and lemon juice to taste.

This tofu ricotta can be used in place of regular ricotta in any recipe. Use in lasagna, baked ziti, on top of pasta, dolloped on pizza and more!

Sunflower Seed Parmesan

Makes about ½ cup

- ½ cup raw sunflower seeds
- 2 tbsp nutritional yeast
- ½ teaspoon salt
- ¼ teaspoon garlic powder

Add all ingredients to a food processor and pulse until you have a fine meal. That's it!

Store in an airtight container in the fridge for several weeks.



Dairy Free Baked Ziti

Serves 6-8

- 1 pound (16 ounces) ziti noodles
- 3 cups pasta sauce (25 ounce jar or homemade)
- ½ pound ground beef or sausage, cooked (optional)
- 1 recipe tofu ricotta
- 1 recipe sunflower parmesan
- ½ recipe cashew mozzarella (optional)

Preheat the oven to 350F. Lightly oil a 9 x 13" baking dish and set aside.

Cook ziti according to package directions, but cook until just al dente. Al dente means the noodles are not completely cooked through, and still have a little bit to them. They will finish cooking in the oven.

Combine pasta sauce and beef or sausage if using. Spoon enough sauce into the prepared baking dish to cover the bottom. Add half the noodles to the pan. Pour half the remaining sauce over the noodles and top with half the ricotta and half the parmesan cheese. Repeat with a second layer. Dollop with cashew mozzarella if using.

Bake for 25-30 minutes, or until sauce is bubbling and the ziti is warmed through. Enjoy!

Creamy Dairy Free Queso

Makes about 1 cup

- 1 ½ cups potatoes, peeled and diced
- ½ cup carrots, diced
- 1/3 cup cashews, soaked in boiling water for 30 minutes if not using a high powered blender*
- 2 tablespoons nutritional yeast
- 2 tablespoons grapeseed or other neutral tasting oil
- 2 teaspoons lemon juice
- ½ teaspoon salt, more to taste
- 1 clove garlic
- 1 teaspoon white wine vinegar

*For a nut free version: use ¼ cup sunflower seeds in place of the cashews or simply omit. Omitting will result in a slightly less rich sauce, but it will still be delicious!

Add the potatoes and carrots to a small saucepan and cover with water. Bring to a boil and then reduce to a simmer and cook for 10-12 minutes, or until fork tender. Drain, but reserve the cooking water.

Add all remaining ingredients and 3 tablespoons reserved cooking water to a blender. Blend until smooth and creamy, adding more of the reserved cooking water as necessary to reach desired consistency.

Use as a chip dip, drizzle over nachos, pour over roasted veggies, use as a sauce for mac & cheese, use as a sauce for tacos and more!

Nacho Cheese Dip:

- 1 teaspoon chili powder
- ½ teaspoon onion powder
- 1/2 teaspoon cumin
- 1 teaspoon dried oregano
- 1 cup salsa
- Optional garnishes: chopped green onion, cilantro

Preheat oven to 400F.

Add chili powder, onion powder, cumin and dried oregano to the blender with the potato mixture in the queso recipe above. Pour queso into an oven safe dish and stir in the salsa. Bake, uncovered, for 20-25 minutes until heated through. Top with green onion or cilantro if desired. Enjoy with tortilla chips or fresh cut veggies.



Sliceable Vegan Provolone Cheese

- 1 14 ounce can **full fat** coconut milk
- ½ cup water
- 1 teaspoon sea salt
- 2 tablespoons nutritional yeast
- 2 tablespoons agar agar powder
- ½ teaspoon lemon juice
- ¼ teaspoon garlic powder

Fill a bowl with hot water and place the unopened can of coconut milk in the water for 5 minutes to warm. This will help get every last bit of the coconut milk out of the can when opened.

Lightly oil a 2 cup glass bowl or container and set aside.

Pour the warmed coconut milk and all remaining ingredients into a sauce pan over medium-high heat. Stir with a whisk and bring to a boil. Turn down to a simmer and cook, stirring constantly for 5-6 minutes until it is very smooth.

Pour the mixture into the prepared bowl. Allow to cool at room temperature for 30 minutes, then cover and refrigerate for at least 2 hours to set before using. Cheese will keep in the fridge for up to 5 days.

Use this sliceable provolone as part of a plant based charcuterie board that includes dried fruit, candied nuts, salted nuts, crackers, hummus, a variety of olives, grapes, chopped veggies, roasted red pepper dip and other spreads.