

Raw Cashew nut cheese

Ingredients:

1. 3 Cups cashew nuts
2. 1 Cup Organic rye berries/kernels/seeds
3. 1 tsp Himalayan rock salt
4. 1 x Red pepper
5. ¼ tsp cayenne pepper
6. Lemon to taste
7. 1 tbsp nutritional yeast
8. 3 x Ultra-flora plus pro biotic capsules
9. 1 cup of fermented rye water

Equipment required:

1. Super blender
2. Sprouter 3 litres – Preferably the 6 l Kitchen Garden sprouter.
3. Nut milk bag

Preparation:

1. Soak the rye berries for 8-12 hours in pure or distilled water.
2. Sprout the rye for 24 hours in a one liter glass container.
3. Add 3 cups of distilled water and let it stand at room temperature for 36 hours.
4. Keep one cup of Rejuvilac fermented water.
5. Place the cashews, 1 cup of fermented water and all the remaining ingredients in the blending jar, except for the rye berries.
6. Blend the ingredients for ±50 seconds in the super blender until the desired smooth consistency has been reached.
7. Hang the blended nut cheese mixture in a nut bag for approximately 24 hours.
8. Add the remainder of the ingredients and mix.
9. Decant into a container.

Enjoy it &



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