

# Macadamia Nut Cream Cheese

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

## Ingredients:

- 2 cups macadamia nuts, soaked in water for 4-6 hours
- 1 cup filtered water
- 1 tbsp apple cider vinegar
- 1-2 tsp dried rosemary
- 1-2 tsp dried parsley
- 1-2 tsp dried basil
- 1-2 tsp garlic powder
- 2 capsules Genuine Health x 15 billion probiotics
- 1-2 tbsp nutritional yeast
- Pinch sea salt or rock salt

## Instructions:

1. After nuts have soaked, drain water and give them a quick rinse.
2. In a food processor or high power blender place nuts and water. Blend until smooth. Next add apple cider vinegar and blend some more until creamy. See my notes at the bottom.
3. Add dried herbs, garlic, probiotics (open up capsules and pour probiotics into mixture), nutritional yeast and salt. Blitz again just until combined.
4. Scrape out the mixture on to a cheese cloth or nutbag so it's breathable and form into a round shape. Place a cooling rack on top of a bowl. Place cheese on top of cooling rack (see my video) so it's got lots of room to breath.
5. Let sit on counter for 24 to 72 hours. Or place in a warm place like the oven, with the oven OFF. Remember to put a note on your oven door so you do not forget! :)
6. Your cheese is ready to enjoy when it starts to get stinky. Trust me, you'll know! Refrigerate as soon as you want it to stop culturing.
7. It should last in the fridge about 2 weeks.

## Notes:

When blending, you'll need to stop the food processor or blender every so often and use a spatula to push down the cheese on the sides. There will still be some texture in the cheese, this is okay it doesn't have to be perfectly creamy. I've included ranges for some of the ingredients so you can create the flavour profile you desire. I like a good flavour punch so the first time I made this I used the smaller amount and the next few times I've used the larger amount.