



## Queso Fresco (Fresh Cheese)

### Ingredients:

- 2 cups almonds, soaked overnight
- ½ - ¾ cups water or rejuvelac
- 1 tbsp. lemon juice
- 1 tbsp. nutritional yeast (optional)

### Instructions:

1. Throw hot water over the almonds to blanch them and remove the skins. Otherwise, leave the skins on or use peeled almonds.
2. Blend all the ingredients together until smooth.
3. Place a double thickness of dampened cheesecloth into a cheese mold or a couple of berry baskets stacked on each other (you could also use a colander).
4. Add the cheese to the mold and fold over the moistened cheesecloth to cover.
5. Put a plate beneath the mold or berry baskets to catch the liquid (whey).
6. Let stand 2-3 hours on the counter until the cheese hardens a bit.
7. Place a heavy object on top of the cheese (I use a covered mason jar filled with water) and leave the cheese in the refrigerator for 24 hours (I prefer 48) or at least overnight.  
**Note.** The cheese will develop a bolder flavor and firmer texture if left longer in the fridge).
8. Turn the cheese mold upside-down on a clean plate and carefully remove the cheesecloth.
9. Enjoy

**Tip:** Add dried or fresh herbs and mild spices like garlic and onion powder to vary the flavor. Other white nuts like cashew or macadamia can be used and if there's a nut allergy try sunflower seeds.