

# Garbanzo (Chickpea) Cheese

## Ingredients:

- 2 cups of activated garbanzos (garbanzos soaked overnight in water for a minimum of 8 hours)
- 3-4 cups filtered water\*
- ¼ cup nutritional yeast
- 2 tsp. Celtic Sea Salt or Pink Himalayan Salt
- ½ tbsp. garlic powder or 1-2 garlic cloves, green germ removed
- ½ tbsp. onion powder or ¼ piece of a small yellow onion
- 2 tbsp. Braggs Liquid Aminos or Coconut Aminos
- 2 tbsp. tahini
- 4 tbsp. lemon juice

## Instructions:

1. To activate the beans soak about 1½ cup of dried garbanzos in water overnight for 8-10 hours.
2. Throw the water off and place 2 cups of beans in a blender with all the other ingredients.
3. Blend until smooth and creamy (approx. 2 minutes)
4. In a stainless steel pot cook the cheese, stirring constantly with a spatula or spoon.
5. When it becomes difficult to stir the mixture and it is sticking to the bottom of the saucepan remove it from the heat.
6. Quickly pour it into an ungreased glass dish or plastic container.
7. Let it set for 2 hours in the fridge before removing it from the mold.
8. Slice and enjoy.

**Tip:** For different flavor profiles and to dress-up the cheese, add dried or fresh herbs, sliced or chopped olives, dried tomato, red pepper, etc. If a spreadable cheese is desired use more water.

*\*If you use less water you will have a firmer, sliceable cheese; 3 cups works best for this.*