

# Probiotic Dairy-Free Keto Cheese

Hands-on 15 minutes Overall 3 days

**Nutritional values (per serving, 1/4 of piece):** Total carbs: 3.4 g, Fiber: 1.9 g,

**Net carbs: 1.5 g**, Protein: 1.9 g, Fat: 9.8 g, Calories: 101 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



## Ingredients (makes 4 cheeses, 16 servings)

1 1/2 cups macadamia nuts (200 g/ 7.1 oz)

water for soaking

3/4 tsp probiotics (3-5 small capsules)

110 ml warm filtered water - not hot (3.7 fl oz)

2 flat tbsp nutritional yeast (24 g/ 0.9 oz)

1/2 tsp pink Himalayan salt or sea salt

1 tbsp fresh lemon juice (15 ml)

1/2 tsp lemon zest

1/3 tsp garlic powder

Coating: up to 1 tbsp each of cracked black pepper, chilli flakes, fresh chives and dried rosemary

*Optional:* extra virgin olive oil to serve

## Instructions

1. Soak the macadamia nuts in water overnight (enough to cover them).
2. Rinse and then drain the macadamia nuts.
3. Place the macadamia nuts, warm water and probiotics in a food processor or a blender, and blitz until smooth.
4. Spoon into a glass bowl and cover with a muslin cloth. Secure the rim with pegs.
5. Leave to culture in a warm spot (not direct sunlight) for 2 days.
6. After 2 days, add the nutritional yeast, salt, lemon juice, lemon zest and garlic powder. Mix well.
7. Place the macadamia mix into the muslin cloth and squeeze out the excess water. Tie up with a piece of string and leave suspended over a bowl for 6 hours to drain and firm.
8. Line 4 loose bottom mini cake tins with cling film. Spoon in the mix and level.
9. Refrigerate for 4 hours, up to 2 days until the desired firmness of

cheese is achieved (4 hours for a softer cheese, or a day for a firmer cheese).

10. Remove the macadamia vegan nut cheeses from the tins and cling film and roll in chilli flakes, chopped fresh chives, black pepper or dried rosemary.
11. Serve with a drizzle of olive oil, keto crackers or fresh vegetable crudité's. Store in fridge, wrapped in cling film for up to 3 days.

## More great content on KetoDietApp.com

Keto calculator

Best keto recipes

Complete keto diet food list

Expert articles & ketogenic guides

Keto Diet App

Free & premium keto diet plans