

Excerpts from the revised edition of Almond Essence, by Janet L. Doane.

Sprouted Sunflower & Almond Seed Cheese



Sprouted sunflower seeds combine with sprouted almonds, lemon juice, vinegar, sea salt, spices, or herbs, to create a savory, raw food seed cheese that goes with all your favorite recipes. Try seed cheese with roasted veggies, soups, salads, and fruits. Seed cheese tastes much like ricotta cheese or yoghurt. Read on...

www.almondessence.com

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SPROUTED SUNFLOWER ALMOND SEED CHEESE

For vegans and vegetarians who miss dairy products, seed cheese delivers! It's made from sprouted sunflower seeds and almond milk, water, or kefir. *This recipe won't taste good unless the sunflower seeds have been sprouted!* Soaking the seeds removes the strong "raw" taste and makes them sweet. The lemon and vinegar add delicious tang. This versatile recipe is adapted from the *Casa De Luz Community Cookbook: Sauces, Dressings, Condiments, and Spreads*, (www.CasadeLuz.org) given here with their blessing, and has become a staple in our diets.

There are 35 grams of protein in one cup of sunflower seeds! The look and texture of sprouted seed cheese is like ricotta or cottage cheese. We use sunflower seed cheese in any recipe that normally would call for sour cream, cheese, or yoghurt. It has found its way to roasted veggies, salads, soups, crackers, fruits, green chilies, and much more. Sprouted seed cheese is an enzyme-rich food that will last 2 - 3 days, covered, in the refrigerator.

Sometimes the cheese becomes a bit grey from oxidation, but this doesn't seem to affect the taste. The lemon juice usually keeps the cheese white and bright. Leaving the skins on the sunflower seeds makes the seed cheese greyer. Taking them off makes the cheese whiter and smoother.

Ingredients

1 cup sunflower seeds, soaked for 4 - 8 hours, & drained.

1/4 cup almond milk (page 40)

1 tablespoon Ume Plum Vinegar*

-or 1-2 tablespoons apple cider vinegar with 1/4 teaspoon sea salt

2 tablespoons freshly squeezed lemon juice

1 small clove garlic, peeled and minced (delete if making seed cheese to go with fruit)

additional almond milk or water to blend as needed

*Ume Plum Vinegar contains high amounts of sea salt.

Directions, next page



Put sunflower seeds in large bowl. Cover with several inches pure water. Let soak 4 - 8 hours. Pour water off. Cover again with cool tap water. Gently rub seeds between palms of hands to remove skins, which will float to the surface.

Pour most of the water and the floating skins off. Repeat process several times. **Tip:** Pour the skins and water through a strainer to catch the few seeds that escape. These can be sorted out, or fed to the birds - they will love them!

When most of the skins have been removed, pour all the water and seeds through a strainer. Drain.

Place seeds in blender or food processor with almond milk or water, lemon juice, garlic, vinegar, and salt (if apple cider vinegar is used). Blend, adding more liquid if necessary. When using a food processor, scrape mix down from the sides once or twice. Transfer to a serving or storing container. Cover leftovers and refrigerate for 2 - 3 days.

MEXICAN SPICE SEED CHEESE

Ingredients

- 1/2 cup pumpkin seeds, soaked 4 - 6 hours
- 1/2 cup sunflower seeds, soaked 4 - 6 hours
- 1/4 teaspoon chipotle powder
- 1 teaspoon cumin powder
- 1 small clove garlic, peeled, and minced
- 1/2 teaspoon sea salt
- 1/4 cup almond milk (page 40), water, or kefir (page 46)
- 2 tablespoons lemon or lime juice

Pumpkin seeds add a smoky flavor - always great for Mexican food. Soak seeds in glass container, covered with pure water. Remove skins from seeds using the method described in the previous recipe. Drain off all excess water. Put seeds in blender or food processor

with lemon juice, spices, and almond milk, water, or kefir. For blenders, mix on low speed (it works better) until seed cheese is as smooth as possible, adding tiny amounts of liquid as needed to keep the mixture moving. If using a food processor, stop machine several times to scrape down sides as needed. Serve immediately, or store in refrigerator, tightly covered for 2 - 3 days.



FRESH HERB SEED CHEESE

An herbed version of the seed cheese lends itself to roasted veggies, salads, soups, or dishes like lasagna.

Ingredients

- 1/2 cup cashews, soaked
- 1/2 cup soaked sunflower seeds
- 1/4 cup fresh herbs - such as basil, cilantro, rosemary
- or 1-2 tablespoon dried Fines Herbs blend
- 1 small clove garlic, peeled, and sliced
- 1/2 teaspoon sea salt
- 1/4 cup almond milk (page 40),
- water, or kefir (page 46)
- 2 tablespoons lemon juice
- 2 tablespoons apple cider vinegar

Soak cashews in glass container, covered with 3/4 cup pure water for 2 - 4 hours. Soak sunflower seeds in separate container, covered with 1 cup pure water for 4 - 8 hours.

Rinse and drain soaked cashews. Remove skins from sunflower seeds as described in basic recipe, and drain all excess water.

Put cashews and sunflower seeds in blender or food processor with lemon juice, spices, and almond milk, water, or kefir. Blend on low speed (it works better) until as smooth as possible.

If using a food processor, stop machine as needed to scrape down sides. Run machine until mixed to desired consistency. Store leftovers, tightly covered in the refrigerator for 2 - 3 days.



SUNFLOWER SEED CHEESE WITH KEFIR

A friend of ours turned us on to this variation of sunflower seed cheese. The kefir makes the seed cheese tangy, adds even more enzymes, and tastes reminiscent of sour cream. This makes it great to use for dips or salad dressings.

Ingredients

- 1 cup sprouted sunflower seeds, soaked 4 - 8 hours
- 2 - 3 tablespoons apple cider vinegar
- 1/2 teaspoon sea salt
- 1 small clove garlic
- 1/2 green onion chopped
- 1/2 cup almond milk kefir (page 46), or almond milk (page 40), or water

Soak sunflower seeds for 4 - 8 hours. Remove skins as described in basic recipe. Drain off all excess water. Put sunflower seeds in blender or food processor. Add vinegar, sea salt, garlic, green onion, and kefir.

Start blender on low speed and keep at low (it actually works better than on high speed) until sunflower seeds are completely blended, about 2 minutes. Add very small amounts of kefir (a tablespoon at a time) to keep the mixture moving.

If using a food processor, stop the machine to scrape down the sides as needed. Serve immediately, or tightly cover and keep in refrigerator. The seed cheese will last for two days.



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food recipes made without
dairy, sugar, or eggs.*

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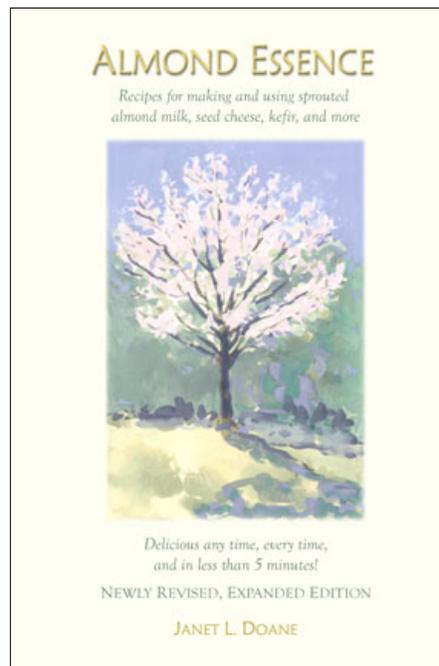
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from the book covers of *Almond Essence*



Almond milk - made from sprouted almonds and other nuts and seeds - is packed with vitamins, antioxidants, minerals, enzymes, phytochemicals, and healthy omega fatty acids.

Sprouted almond milk is a safe, non-pasteurized, “living food” that tastes delicious and costs less than pre-packaged non-dairy beverages.

Learn how to make this nutritious milk and use it in all types of recipes. With a blender and a strainer, a quart of fresh almond milk can be made in five minutes (after a few practice runs!). Just follow the quick and simple directions with accompanying photos.

Delicious, sprouted almond milk is an environmentally-friendly food that can be enjoyed every day in refreshing fruit smoothies, kefir, seed cheese, baking, and cooking.

If you are a vegetarian, vegan, lactose intolerant, or love to experience new foods, try almond milk!

The revised and expanded 2nd edition of *Almond Essence* is now available at Amazon, or through the *Almond Essence* website, almondessence.com.

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