

Nut Ball Cheese

1½ cups Brazil nuts*
¼ cup fresh lemon juice
4 Tbsp. olive oil, divided
2 garlic cloves, minced
1 tsp. sea salt

¼ cup water
¼ cup nutritional yeast
2 Tbsp. fresh parsley
2 Tbsp. fresh rosemary
1 Tbsp. thyme

Place nuts in bowl, cover with water and refrigerate six hours or over night.
Drain nuts and put in food processor with lemon juice, 3 Tbsp. olive oil, garlic, salt and water.
Blend until smooth and creamy.
Add nutritional yeast and re-blend.
Chop parsley, rosemary, thyme and the nuts (or choice nuts) for cheese ball topping.

Option 1:

Place in saran wrap to help mold into a ball shape.
Carefully un-wrap cheese ball and coat with chopped nuts and herb mixture.
Place in dehydrator and warm until ball begins to crack.
Transfer to a platter and drizzle with warm olive oil.

Option 2:

Place the cheese mixture in a 9 X 13 inch pan and spread across bottom of pan.
Top with nuts and herb mixture.
Place in dehydrator and warm.
Serve with crackers and fresh veggies.

*These are very good for men to protect from prostate cancer – men should have three Brazil nuts per day.