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## Plant-based Mozzarella Cheese

By Gemalli Austin, DrPH, RD

### Ingredients

- 1 ½ cup raw cashews or sunflower seeds (soaked overnight)
- 1 cup water
- 2 Tbsp lemon juice
- 1 ½ tsp sea salt
- 1 garlic clove
- 1 tsp onion powder
- 1 Tbsp cornstarch or arrowroot powder

### Instructions

1. In a blender, combine the soaked nuts and water. Blend on high for about 2 minutes until very smooth.
2. Add lemon juice, salt, garlic, and onion powder and blend for a few seconds. Place mix in a saucepan and bring to a slow boil.
3. Stir the cornstarch or arrowroot into a small amount of cold water. Slowly pour into the boiling mix, lower heat, and continue stirring until thick.

### Check it Out

- Gluten-free