

# Sunflower Seed Cheese

Rich and delicious. Tastes like Boursin cheese.

## Categories

Gluten-free

Yields: 20 servings

Preparation time: 15 mins

Cooking time: 0 mins

Category: Side Dishes



## Ingredients

Sunflower seeds, raw	2 cups
Nutritional yeast superfoods	3 tablespoons
Lemon juice, fresh	1/4 cup
Coconut oil	1/4 cup
Miso (soybean paste)	4 teaspoons
Garlic, powder	1 teaspoon
Smoked paprika	1/4 teaspoon
Salt, sea salt	1/2 teaspoon
Turmeric, ground	1/2 teaspoon

## Instructions

Soak 2 cups sunflower seeds overnight. Rinse and drain before using.

Add all the ingredients to a food processor and blend until smooth. Stop to scrape the sides as necessary.

Prepare a mold or dish. I use a glass storage bowl. Line the inside of the mold or bowl with parchment paper. Scoop the cheese into the bowl. Cover the bowl and place in the refrigerator for 4 - 6 hours or overnight.

The cheese should be kept in the fridge. It will last for 7 - 10 days.