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prevent & reverse chronic illness with whole plant foods

## **Chickpea Cheddar Cheese**

## **INGREDIENTS**

1 cup besan (chickpea) flour

1/2 cup nutritional yeast

1 tablespoon paprika

1 teaspoon onion powder

3/4 teaspoon fine sea salt

2 1/4 cups water, divided

1 tablespoon Dijon mustard

2 teaspoons maple syrup

2 teaspoons apple cider vinegar

2 tablespoons tahini

## **METHOD**

Line a rectangular loaf pan with cling wrap. In a bowl, mix the chickpea flour, nutritional yeast, paprika, onion powder and salt. Mix the water, maple syrup, vinegar and mustard. Slowly whisk liquid into dry ingredients until blended and smooth.

In a medium saucepan, bring the remaining 1-1/4 cups water to a boil. Reduce the heat to very low and whisk in the chickpea mixture and tahini. Whisk constantly for 4 to 7 minutes, until the mixture is very thick.

Immediately scrape mixture it into the pan, smoothing the top.

Cool the cheese to room temperature and then place it in the refrigerator, loosely covered, for at least 2 hours until very firm. Slice, grate or cube according to your needs!