

## ZUCCHINI CHEESE

Zucchini cheese as a snack: this recipe makes the perfect sweet-free and satiating snack for adults and kids. Set the 'cheese' in fun molds to add to your child's lunch box for nutritious variety throughout the week.

**Prep time:** 10 minutes

**Cook time:** 5 – 8 minutes

**Setting time:** 20 – 90 minutes

**Yields:** Desired amount of squares, as set in pan as directed below

### **Ingredients**

**Cheddar Cheese Block – to fill approximately half of a bread pan or use a smaller loaf pan**

3/4 cup carrot or butternut squash, fine diced (used for 'cheddar' color)

3 cups zucchini or summer squash, about 3 small-medium zucchini, peeled and sliced or diced, or cauliflower florets

- ¼ cup water, for steaming and to drain afterwards
- 3 – 4 tbsp. coconut oil, extra virgin olive oil, or ghee
- 3 – 4 tsp. lemon juice or acv
- 1 – 1 ½ tsp. sea salt, or to taste
- 7 – 8 tbsp. Vital Proteins Gelatin or Great Lakes gelatin (red can)
- 1 garlic clove, optional
- 1 dairy-free probiotic capsule, optional

### **Directions**

1. Bring water to a boil in a small saucepan. Add diced carrot or squash and top with the peeled zucchini or cauliflower (or for non-cheddar, use solely zucchini or cauliflower). Cover and simmer on medium low heat for 5 – 8 minutes.
2. Drain off the water completely.
3. Add your steamed vegetables to a blender then add the oil, lemon juice or apple cider vinegar, optional nutritional yeast, garlic, and sea salt. Blend on high speed.
4. With your blender set on low speed, sprinkle the gelatin into the mixture. Blend on high for one last whizz until smooth.

If you want to add probiotics to your 'cheese' wait for the mixture to cool so that it is no longer hot to touch in the blender. Add the probiotics and blend on low.

Pour into your pan and refrigerate over night or for at least three hours to set. Alternatively to speed things up you can freeze to set for 20 minutes before refrigerating.

Cut into squares, cheese slice, dice, melt, or grate. Use on protein patty's, with veggies, in salads, and use incorporated into snack plates.

Wrap and refrigerate, or store slices in an airtight container. For best flavor, consume within 7 days.

Enjoy!

**Notes:**

Optional additions: garlic and onion powder, fresh chopped basil, and other favorite herbs or spices. Add fresh herbs and mix on low.

For a low fod-map omit garlic, cauliflower, and onion. Enjoy 1/2 cup per serving.

<http://www.ieatrealfood.recipes/?p=147>