



DAIRY-FREE  
CHEESE-  
MAKING  
GUIDE

# COOKING FOR A **FAST** METABOLISM

HEARTY, HEALTHY RECIPES TO EAT MORE  
FOOD AND LOSE MORE WEIGHT



HAYLIE  
POMROY

# CHEESE-MAKING GUIDE

**THIS GUIDE IS FILLED WITH DELICIOUS RECIPES AND** tips for success for everyone from the beginners to the experts at making homemade non-dairy cheese. Most of these recipes can be flavored with different organic herbs and spices or extracts and natural flavorings. Try adding a little cinnamon to your whipped cream or berries to your cream cheese. Maybe even consider some cracked red pepper in your nacho cheese or raw cacao in your cheesecake. These recipes are meant to be explored and designed to satisfy all your creamy, cheesy cravings.

Here are some of my favorite tips for success:

- When making whipped cream, chill a metal bowl and your metal whipping tools. This will make for a fluffier whipped cream that maintains its shape when you put a dollop on your favorite berries.
- For firmer, spreadable cheeses, use smaller containers to firm up rather than larger ones. Even when I double my batches, I split them into two smaller containers. This will give a more even consistency to these decadent cheeses.
- When you are blending a creamier cheese (like nacho cheese) use warm water. This keeps the nut blend softer and keeps it from becoming too

chunky. If you are making a ricotta cheese and want a more textured feel, add iced water when blending.

- When making cheesecake, make sure to powder your natural sweetener. You can use a flour sifter, a mortar and pestle, or a fine blending blade (like in a small coffee grinder). This will give you that creamy New York-style texture every time.

Don't forget to post your homemade gems and tag me on my insta @hayliepomroy

Bon Appetit!

Your Nutritionist,

**HAYLIE POMROY**

# Cashew Cream Cheese with Chives

Serves 4

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PREP TIME: 4 TO 8 HOURS | TOTAL TIME: 4 HOURS 10 MINUTES

**DRAIN** and rinse the cashews. Put the cashews, 1 teaspoon of lemon juice, and the salt in a food processor, process until smooth, stopping to scrape down the sides as needed, about 5 minutes. Taste and add additional salt and/or lemon juice if you like. Add a tablespoon or two of water to thin the mixture as needed. Stir in the chives.

**SERVE** immediately or transfer to an airtight container and refrigerate for up to 1 week.

1 cup raw cashews, soaked in water for 4 to 8 hours or overnight

1 teaspoon fresh lemon juice, plus more as needed

1/2 teaspoon sea salt, plus more as needed

1 to 2 tablespoons water, as needed

1/4 cup finely chopped chives



# Nacho Cheese

Makes about 1 1/2 cups

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PREP TIME: 15 MINUTES | TOTAL TIME: ABOUT 3 HOURS  
(INCLUDING SOAKING TIME)

**CORE**, seed and chop the peppers and add them to a blender.

**ADD** the garlic, green chiles, cashews and spices.

**BLEND** until smooth and creamy, about 5 minutes (depending on the power of your blender).

**DRIZZLE** in the olive oil until just combined. Taste and adjust seasonings if desired.

**STORE** the cheese in an airtight glass container in the fridge for up to a week.

1 1/2 cups orange or red bell pepper  
(or a combination)

1/2 tsp. garlic, minced

1/4 cup canned green chiles

1 cup raw cashews, soaked in water at  
least 2 hours

1/4 cup nutritional yeast

1/4 tsp. turmeric powder

1/4 tsp. onion powder

1/2 tsp. dry mustard

1 tsp. sea salt

1/4 cup olive oil



# Jalapeño Cashew Cheese

Serves 4

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PREP TIME: 5 MINUTES | TOTAL TIME: 4 HOURS

**CHOOSE** a container that can hold about 3 cups—a bowl or glass measuring cup works well. Grease it with coconut oil.

In a blender, **COMBINE** the cashews, jalapenos, 1/3 cup of water, tahini, nutritional yeast, coconut oil, lemon juice, and salt. Blend until very smooth, about 5 minutes, stopping to scrape down the sides as needed. Leave this mixture in the blender.

In a small saucepan, add the remaining 1 cup water and the agar-agar powder. Bring the mixture to a boil over high heat, stirring continuously, then boil for 1 minute (time it to be precise), as you continue to stir. Remove from the heat and pour the agar-agar mixture into the blender. Blend to combine with the cashew mixture, about 1 minute (start on low speed so the hot mixture doesn't spatter).

Immediately **POUR** the mixture into the prepared container. Refrigerate until set, about 4 hours or up to overnight. To remove the cheese, turn the bowl upside down onto a plate and slice, shred, or serve as is. You can store the cheese in the refrigerator for up to 1 week.

Coconut oil, for greasing

1 cup raw cashews

2 medium jalapenos, minced

1 ½ cups water

¼ cup tahini

¼ cup nutritional yeast

2 tablespoons coconut oil

1 tablespoon fresh lemon juice

2 ½ teaspoons sea salt

1 tablespoon agar-agar powder (not flakes)





# Berry Trio Cheesecake

Serves 8

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PREP TIME: 8 HOURS (INCLUDES CHILLING TIME) | TOTAL TIME:  
6 HOURS

**REFRIGERATE** the cans of coconut milk overnight. Open the cans and scoop just the solid coconut cream into a bowl (save the coconut milk for a smoothie). You need 1 cup of the coconut cream (save the rest for another use).

In a food processor, **COMBINE** the almonds, walnuts, and prunes. Pulse until the mixture resembles fine crumbs and sticks together. Divide the mixture evenly among eight 6-ounce ramekins and press it down to cover the bottom and slightly up the sides.

**RINSE** out the food processor bowl. In the food processor, combine the cashews, coconut solids, blueberries, blackberries, lemon zest, lemon juice, xylitol (if using), and salt. Process until smooth. Divide the mixture among the ramekins, pouring it over the crust.

**PUT** the ramekins in the freezer and freeze until solid, at least 6 hours or overnight. Before serving, remove the ramekins from the freezer and set aside.

In a small saucepan, **COMBINE** the orange and all its juices, raspberries, strawberries, and cranberries. Heat over medium heat, stirring frequently, until the mixture begins to simmer. Stir in the arrowroot mixture and simmer until the sauce thickens. Set aside to cool slightly, about 10 minutes.

**DRIZZLE** the cheesecakes with the warm fruit sauce and serve immediately.

2 or 3 (13- to 15-ounce) cans full-fat  
coconut milk

1/2 cup raw almonds

1/2 cup raw walnuts

1 cup prunes (replace with cherries  
for Phase 3)

2 cups raw cashews, soaked  
overnight, drained and rinsed

1 cup blueberries

1 cup blackberries

Zest and juice of 1 large lemon

2 tablespoons xylitol (optional)

1/4 teaspoon sea salt

1 orange, peeled, seeded, and  
chopped (Replace with grapefruit  
for Phase 3)

1/2 cup raspberries

1/2 cup strawberries (omit for Phase  
3)

1/4 cup cranberries

1 tablespoon arrowroot powder,  
mixed with 1 tablespoon water



# Homemade Cauliflower Pizza with DIY Shredded Cheese

Serves 2

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PREP TIME: 20 MINUTES | TOTAL TIME: 50 MINUTES

**\*NOTE:** You can buy bagged raw cauliflower rice in the produce or frozen section, or just pulse some cauliflower in a food processor until you have rice-like grains.

**PLACE** the cauliflower rice in a large bowl. Cover with plastic wrap, leaving a little hole as a vent, and microwave 5 minutes.

While the cauliflower is cooling, **PREHEAT** the oven to 450 degrees.

Once the cauliflower is cool, **TRANSFER** it to a kitchen towel or cheesecloth and squeeze out all the moisture. (Expect a fair amount – we squeezed 2/3 cup of liquid out of our cauliflower!)

**COMBINE** the squeezed-out cauliflower with the oregano, Italian seasoning, garlic powder, crushed red pepper flakes, black pepper and salt.

**ADD** the egg. Mix well until all the ingredients are well combined.

**LIGHTLY COAT** a 10-inch cast-iron skillet with olive oil spray. Add the cauliflower to the cast-iron skillet. Spread and pat down the cauliflower. Bake 30 minutes.

**REMOVE** the crust from the oven and spread the marinara sauce evenly over it. Top with the suggested toppings or your favorite Phase 3 toppings.

**BROIL** for 3 to 4 minutes, watching carefully so that it doesn't burn.

**TOP** with the basil and serve.

## For the crust:

16 ounces cauliflower rice\*

1/2 teaspoon dried oregano

1/2 teaspoon Italian seasoning

1/2 teaspoon garlic powder

1/2 teaspoon crushed red pepper flakes

1/4 teaspoon black pepper

Sea salt to taste

1-ounce grated nut-based cheese (optional) (Page 14)

1 egg

## Toppings:

1/4 cup no-sugar-added marinara sauce

4 ounces nitrate-free ham (or other Phase 3 protein)

1-ounce grated nut-based cheese (optional)

Dried oregano, to taste

Fresh basil, to taste



# Shredded Cashew Cheese

Makes about 18 ounces

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PREP TIME: 5 MINUTES | TOTAL TIME: 4 HOURS

**CHOOSE** a container that can hold about 3 cups—a bowl or glass measuring cup works well. Grease it with coconut oil.

In a blender, **COMBINE** the cashews, 1/3 cup of the water, tahini, nutritional yeast, coconut oil, lemon juice, and salt. Blend until very smooth, about 5 minutes, stopping to scrape down the sides as needed. Leave this mixture in the blender.

In a small saucepan, **ADD** the remaining 1 cup water and the agar-agar powder. Bring the mixture to a boil over high heat, stirring continuously, then boil for 1 minute (time it to be precise), as you continue to stir. Remove from the heat and pour the agar-agar mixture into the blender. **BLEND** it to combine it with the cashew mixture, about 1 minute (start on low speed so the hot mixture doesn't spatter).

Immediately **POUR** the mixture into the prepared container. Refrigerate until set, about 4 hours or up to overnight. To remove the cheese, turn the bowl upside down onto a plate and slice, shred, or serve as is. You can store the cheese in the refrigerator for up to 1 week.

Coconut oil, for greasing

1 cup raw cashews

1 1/3 cups water

1/4 cup tahini

1/4 cup nutritional yeast

2 tablespoons coconut oil

1 tablespoon fresh lemon juice

2 1/2 teaspoons sea salt

1 tablespoon agar-agar powder (not flakes)

# Cacao-Dusted Strawberries with Homemade Whipped Cream

Serves 4

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PREP TIME: 5 MINUTES | TOTAL TIME: 5 MINUTES, PLUS  
OVERNIGHT CHILLING TIME

**REFRIGERATE** the can of coconut milk overnight.

**OPEN** the can and scoop just the solid coconut cream into a bowl (save the coconut water for a smoothie).

**BEAT** the coconut cream, vanilla, and stevia together with an electric mixer until thick and fluffy, about 4 minutes. (This will keep refrigerated for three days.)

**SERVE** 1/4 cup coconut cream with cacao-dusted strawberries.

14-oz. can full-fat coconut milk

1 teaspoon pure vanilla extract

10 drops liquid stevia, or to taste

Raw cacao powder, for dusting

Fresh strawberries (use blueberries, raspberries, and/or blackberries on Phase 3)

