

Hemp Seed Milk Cream Cheese

1 cup warm water
juice from 2 lemons (about 1/2 cup)
1 1/2 tbs. sea salt
2 quarts unsweetened hemp seed milk

+ 1 cheesecloth for straining

Preparation time: 2 minutes

Cooking time: 15 minutes

Yields about 1/2 cup cream cheese

1. Dissolve sea salt and lemon juice in warm water. Pour hemp seed milk into medium pot. Pour lemon sea salt mixture evenly atop hemp seed milk, and stir once along top of mixture. Heat over medium heat, and let cook for 10 minutes.
2. After 10 minutes, stir once, gently, along top section of cheese mixture. Let cook another 5 minutes, or until solids are clearly separate from clear liquid that has formed.
3. Carefully lift all solids, using a large mixing spoon, into a cheese cloth lining a metal sieve, or other straining device. Let strain about 15-20 minutes, or until liquid has seeped through and you are left with a creamy residue. Spoon into storage container, and you've got yourself some cream cheese.