

vegan parmesan

Ingredients

- 3/4 cup raw cashews
- 3 Tbsp nutritional yeast
- 3/4 tsp sea salt
- 1/4 tsp garlic powder

Instructions

1. Add all ingredients to a food processor and mix/pulse until a coarse cornmeal texture is achieved. Don't over-grind or you won't be able to sprinkle it!

Store in the refrigerator to keep fresh. Lasts for several weeks.

Nutritional yeast is a flavouring, not an active yeast so don't worry about aggravating candida. Bulk Barn and No Frills carry it.

(from the Minimalist Baker website)