

Parmesan Cheese - Plant Based



Ingredients

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

Instructions

Add all ingredients to a food processor and mix/pulse until a fine meal is achieved. Store in the refrigerator to keep fresh. Will keep for several weeks.

Nutrition Information Per Serving

Serving Size: 1 Tbsp
12 servings
Calories: 44
Fat: 3 gm
Sodium: 92 mg
Fiber: 1 gm
Carbohydrates: 3 gm
Protein: 2 gm