

# VEGAN PARMESAN CHEESE

(Vegan/Vegetarian/Standard GHS plans)

We absolutely love this recipe that Cathy Blanks shared with Genesis! It is amazingly nutritious, chocked full of B-vitamins from the nutritional yeast and protein from both the hemp hearts and nutritional yeast. The hemp hearts add a very satisfying, chewy texture, while the yeast, garlic and onion provide a terrific tang. This has to be the easiest recipe ever, yet you can use it anywhere you would Parmesan cheese – on salads, sprinkled over vegetables, soups and much more. One Tablespoon equals 3 grams of protein. You want 18-22 grams of protein per meal or 60-65 grams per day.\*



## INGREDIENTS

- 1/2 cup hemp hearts/seeds
- 1/4 cup nutritional yeast
- 1/2 tsp. garlic powder
- 1/2 tsp. onion powder
- 1/4 tsp. Pink Himalayan salt

## **INSTRUCTIONS**

Place all the ingredients into a bowl and stir or into a jar and shake together well. A jar is perfect air-tight container to store the "cheese" in the refrigerator for up to 3 months.

You can also add a bit more salt to intensify the flavors, as well.

Hemp Hearts (in the picture) with the best price by far (and larger bag) can be found at Walmart.