



Vegan Parmesan Cheese

Adapted from: <https://simpleveganblog.com>

prep time: 5 mins

total time: 5 mins

category: Ingredient

cuisine: Vegan, Gluten Free

Ingredients

- 1 cup unsalted cashews (150 g)*
- 4 tbsp nutritional yeast
- 1 tsp fine sea salt
- 1 tsp garlic powder

Instructions

Grind (pulse is best) all the ingredients in a grinder or food processor until well mixed & preferred texture.

Notes

* You can also use other nuts like almonds, although I prefer to use cashews because they have a neutral flavor.

Nutrition

- serving size: 1 teaspoon
- calories: 26
- sodium: 56 mg
- fat: 2 g
- carbohydrates: 1.7 g
- protein: 0.9 g