

VEGAN PARMESAN CHEESE # 1

Nut-Based

INGREDIENTS

- 1/2 C Almond flour **OR** well ground blanched almond
- 2 T Red Star nutritional yeast
- 2 t Chickpea miso (Miso Master brand is certified by the Atlanta Kashruth Commission)
- 1/4 T Salt

DIRECTIONS

- 1 It's best to soak cashews in water overnight (covered)
- 2 Blend all ingredients well in a food processor



VEGAN PARMESAN CHEESE #2

Nut-Based

INGREDIENTS

- 1 C Cashews (raw)
- 1/4 C Nutritional yeast
- 1 t Salt

DIRECTIONS

- 1 It's best to soak cashews in water overnight (covered)
- 2 In a small food processor, combine all of the ingredients & process until a crumbly, uniform texture
- 3 Adjust the flavor to your taste & store in a sealed container in your refrigerator for up to a month

