



# Nut Parmesan

Serves: 1 ¼ cups

Active time: 15 min

Total time: 15 minutes

## Ingredients

½ cup raw cashew  
¼ cup raw almonds  
¼ cup raw sunflower seeds  
3 heaping Tbsp nutritional yeast flakes  
1 heaping tsp dried onion granules  
1 heaping tsp garlic powder  
¼ tsp salt

## Directions

- Put the cashews, almonds, and sunflower seeds in a food processor and pulse just until crumbly and nutritional yeast, onion granules, garlic powder, and salt and pulse just until combined.
- Store in a sealed container in the refrigerator

Note: You may also use roasted nuts, although taste and consistency may change. Make sure to purchase unsalted nuts.

