

VEGAN HEMP SEED "PARMESAN"

adapted from cookieandkate.com

Yield: 3/4 cup

Prep Time: ~3 minutes

Cook Time: 0 minutes

Storage: refrigerate for 1 - 2 months



Ingredients

1/2 cup hemp seeds

3 - 4 tablespoons nutritional yeast

1/2 teaspoon garlic powder

3/4 teaspoon onion powder

1/2 teaspoon sea salt, or to taste

Optional: 1/2 tablespoon olive oil

Directions

1. Add all ingredients into a jar or bowl. Stir to mix well, make sure the olive oil is evenly coating everything (if using).
2. Store in an airtight container. Great as a garnish for salads, soups, pastas, and roasted vegetables.