



Hemp Parmesan

Prep Time: 5 minutes

Cook Time: 0 minutes

Total Time: 5 minutes

Servings: 4

Serving Size: 2 tablespoons

Ingredients:

¼ cup hemp seeds

¼ cup nutritional yeast

¼ teaspoon salt

Directions:

1. Place all ingredients into a food processor or mini grinder and processes until evenly mixed through.
2. Store in an airtight container in the fridge for up to 2 weeks.

Tips and Tricks:

This makes a great, cheesy substitute for real parmesan and it is filled with healthy fats and B vitamins which help to improve energy and support immune system function.

Nutritional Information Per Serving:

Calories: 76.7

Fat: 4.3 g

Cholesterol: 0.0 mg

Sodium: 146.3 mg

Total Carbohydrate: 3.0 g

Dietary Fiber: 2.0 g

Sugars: 0.3 g

Protein: 6.3 g