

Plant-based Parmesan Cheese

JOYOUS HEALTH

Recipe by Joy McCarthy from Joyous Health

Ingredients:

- 1 cup pumpkin seeds
- 2 tbsp nutritional yeast
- 1 tbsp garlic powder
- 4 tbsp hemp hearts

Instructions:

1. In a small food processor, add pumpkin seeds, nutritional yeast, garlic powder and hemp hearts. Blitz until crumbly.
2. Store in a mason jar in the fridge for up to 5 weeks or freeze for up to 3 months.