



Makes 1½ cups

Preparation Time: 10 minutes

Cook Time: 10 minutes

INGREDIENTS:

1 cup raw almonds* or cashews
or walnuts

½ cup nutritional yeast

1 tablespoon salt-free seasoning
(I prefer Benson's Table Tasty)

Faux Parmesan

Always have this delicious topping on hand in your fridge to sprinkle on chili, soups and stews. It's also delicious on steamed vegetables, like broccoli and air popped popcorn. You can buy this at the store but it's so much more economical to make your own and it won't contain salt.

Find this recipe and more in the [Forks Over Knives Recipe App](#).

By Chef AJ

- 1 In a food processor fitted with the “S” blade or in a blender, combine all ingredients until a powdery texture is achieved. If you like it chunkier, process less.

Chef's Note: * You can also use store bought almond flour in place of the almonds.