

Sensational Seasoning Mix

*Adapted from Nutritional Yeast Cookbook by
Joanne Stepaniak*

Ingredients

- $\frac{3}{4}$ c. nutritional yeast flakes
- 1 $\frac{1}{2}$ t. salt
- $\frac{1}{2}$ t. garlic powder
- $\frac{1}{2}$ t. onion powder
- $\frac{1}{2}$ t. parsley flakes
- $\frac{1}{4}$ t. oregano
- $\frac{1}{4}$ t. basil

Instructions

1. Stir all ingredients together and store in an airtight container at room temperature.
2. Shake the container well prior to using, to re-mix.
3. Add your own favorite dried herbs for a more sensational mix!

Sprinkle this exciting seasoning on vegetables, pasta, potatoes, tofu, beans, toast, popcorn, or any savory dish whenever you want a jolt of flavor.

What Is Nutritional Yeast? *Livestrong.com, blog.fatfreevegan.com*

- **Nutritional yeast is made from a single-celled organism, *Saccharomyces Cerevisiae*, which is grown on molasses and then harvested, washed, and dried with heat to kill or “deactivate” it. Because it’s inactive, it doesn’t froth or grow like baking yeast does, so it has no leavening ability.**
- **Nutritional yeast is a complete protein, meaning that among the 18 amino acids it contains, nine are essential ones that your body cannot produce. Nutritional yeast also provides the compounds beta-1,3 glucan, trehalose, mannan and glutathione, which are associated with enhanced immunity, reduced cholesterol levels and cancer prevention. You get a significant dose of the minerals iron, selenium and zinc when you consume nutritional yeast as well and one serving of nutritional yeast provides about four grams of fiber.**
- **Nutritional yeast is a source of B vitamins, including thiamine, folate, B-6 and niacin.**
- **Nutritional yeast has a strong flavor that is described as nutty, cheesy, or creamy, which makes it popular as an ingredient in cheese substitutes. It is often used by vegans in place of cheese, for example in mashed and fried potatoes, atop of “scrambled” tofu, or as a topping for popcorn.**
- **It’s also called “nooch.”**