

# Vegan Parmesan Cheese

*Recipe from minimalistbaker.com*

## Ingredients

- 3/4 c. raw cashews
- 3 T. nutritional yeast
- 3/4 t. salt
- 1/4 t. garlic powder

## Instructions

1. Add all ingredients to a food processor and mix/pulse until a fine meal is achieved. Store in the refrigerator to keep fresh. Lasts for several weeks. Freezes well too.

*Easy, 4 ingredient vegan parmesan cheese that's perfect on top of pastas, pizza and anywhere you'd usually use parmesan cheese!*

## Notes

- Cashew nuts are actually the kidney-shaped seeds that adhere to the bottom of the cashew apple, the fruit of the cashew tree, which is native to the coastal areas of northeastern Brazil.
- Although nuts are known to provide a variety of cardio-protective benefits, many avoid them for fear of weight gain. A prospective study published in the journal *Obesity* shows such fears are groundless. In fact, people who eat nuts at least twice a week are much *less* likely to gain weight than those who almost never eat nuts.

## Other Ways to Enjoy Cashews

- Combining cashews with other nuts and dried fruits makes a healthy trail mix.
- Right before taking off the heat, add cashews to healthy sautéed vegetables.
- Cashews with a little bit of maple syrup make a great topping for hot cereals.
- To roast cashews at home, do so gently—in a 160-170°F (about 75°C) oven for 15-20 minutes—to preserve the healthy oils.