



## Recipe Details

Recipe Name - Nut Free Parmesan Cheese

Recipe Steps -

### Ingredients

- ½ cup hemp seeds
- ¼ cup nutritional yeast
- 1 tsp garlic powder
- 1 tsp onion powder

### Instructions

- 1) Place all ingredients in a blender or bullet
- 2) Blend well
- 3) Enjoy!

