

## Seedy Parmesan

1/4 cup sunflower seeds  
1/4 cup pumpkin seeds  
1/4 cup hemp seeds  
1/4 cup pine nuts  
1/4 cup nutritional yeast  
1 tsp salt  
1/2 tsp garlic powder  
1/4 tsp onion powder

1. Add sunflower seeds to food processor; process until seeds are small.
2. Add pumpkin seeds to food processor; process until seeds are small.
3. Add all other ingredients and pulse until desired consistency.

Sprinkle on salads, pastas, risottos, baked potatoes, chili...anywhere you'd use traditional parmesan.