

Nutritional Yeast Recipes

Nutritional Yeast is a great way for vegetarians and vegans to get complete protein and B vitamins. It's also a yummy way to add a nutritional boost to any type of meal you may be eating. You can even sprinkle it on grains, in soups, on popcorn and kale chips. It has a nutty, cheesy flavor.

“Cheese” Sauce with Nutritional Yeast

¼ cup nutritional yeast
2 ½ Tablespoons water
1 ½ tablespoons tahini
1 Tablespoon lemon juice
½ teaspoon yellow mustard
¼ teaspoon salt

Whisk together in a small bowl to create a “cheese” sauce that you can use over veggies.

Cashew Cheese

This is a super easy, yummy dip or spread

1 cup cashews soaked in 3 cups of water for at least 1 hour.
2 teaspoons lemon juice
1/2 teaspoon salt
2 turns fresh black pepper
1/4 cup water

- Soak, drain and rinse cashews.
- Place in a food processor or strong blender, along with lemon juice, salt and black pepper.
- Pulse for about 1 minute to combine ingredients.
- Add water and process until completely smooth, about 2 -4 minutes.

Avocado Alfredo Sauce

1 avocado
½ cup cashews
1½ cup almond milk
2 Tbsp. nutritional yeast
½ lemon
½ Tbsp. spicy Dijon mustard
2 cloves of garlic
Salt & pepper
A few dashes of turmeric, chili powder, red pepper flakes and cayenne pepper

- Throw all ingredients in a blender, then toss with pasta.
- Add sauteed or roasted veggies like mushrooms, spinach and onion to turn it up a notch.
- Makes enough to toss with 6 servings of pasta.