



Alton Sustainable Eating

Healthy Food, Healthy Planet



James's Alternative Parmesan

100g cashew nuts
2 tbs nutritional yeast
1 tsp salt.

Toast the cashew nuts in a frying pan on a medium heat (gently fry with no oil) stirring until they are brown and smelling delicious!

Leave to cool.

Once cool add the nuts, 2tbs of nutritional yeast and 1 teaspoon of salt to a blender/nutribullet. Whizz for about 5 seconds.

Enjoy on pasta, pizza, salad, or add to a sandwich.

James uses [Whole Food Earth brand of nutritional yeast](#)

Alec recommends [Marigold Engevita](#)