

Pumpkin and Hemp Feta Crumble

Source: Dustin Harder @theveganroadie

About the Recipe

111 Calories · 7 g Protein · 2 g Fiber
Sauce/Dressing/Topping

Ingredients

Makes 8 Servings

- 1/2 cup (65 g) hemp hearts
- 1/2 cup (70 g) raw unsalted pepitas
- 1 teaspoon onion powder
- 1/2 teaspoon sea salt
- 2 tablespoons (7 g) nutritional yeast
- 2 teaspoons (11 g) chickpea miso
- Juice of 1/2 lemon
- 2 teaspoons (10 mL) apple cider vinegar

Directions

1. Add the hemp, pepitas, onion, powder, salt, and nutritional yeast to a food processor and process into a sandlike consistency. If there are a few larger pieces that remain, that is OK; avoid processing the mixture into a powder.
2. Add the miso, lemon juice, and vinegar and pulse a few times until a crumble forms.
3. Crumble over salads in place of feta cheese.

Nutrition Facts

Per serving:

Calories: 111

Fat: 9 g

Saturated Fat: 1 g

% Calories From Fat: 66%

Cholesterol: 0 mg

Protein: 7 g

Carbohydrate: 4 g

Sugar: 0 g

Fiber: 2 g

Sodium: 202 mg

Calcium: 15 mg

Iron: 2 mg

Vitamin C: 1 mg

Beta-Carotene: 2 mcg

Vitamin E: 0 mg