# Sunflower Parmesan

## About the Recipe

**58 Calories · 3 g Protein · 1 g Fiber**
**Sauce/Dressing/Topping**

## Ingredients

***Makes 16 Servings***

- 1 cup raw sunflower seeds
- 3 tablespoons nutritional yeast
- 3/4 teaspoon sea salt
- 1/2 teaspoon garlic powder

## Directions

1. Add the sunflower seeds to a food processor and process into small, crumbly bits. Add the nutritional yeast, salt, and garlic powder and process into a sand-like consistency.Note: Substitute the sunflower seeds with hemp seeds if desired. 

## Nutrition Facts

*Per serving:*
**Calories:** 58
**Fat:** 5 g
**Saturated Fat:** 1 g
**% Calories From Fat:** 67%
**Cholesterol:** 0 mg
**Protein:** 3 g
**Carbohydrate:** 3 g
**Sugar:** 0 g

**Fiber:** 1 g
**Sodium:** 111 mg
**Calcium:** 8 mg
**Iron:** 1 mg
**Vitamin C:** 0 mg
**Beta-Carotene:** 3 mcg
**Vitamin E:** 3 mg