



ON THE MENU: NUTRITIONAL YEAST (NOOCH)



THE NUTRITION

Packed with B Vitamins:

the nutrients responsible for converting our food into fuel.

A (surprising) protein source: 2 tablespoons contain 9 grams of protein!

Vegan diet staple: naturally soy free, dairy free, egg free and gluten free.

THE USES

Sodium Free Seasoning: provides a naturally savory flavor without the added sodium.

Dairy Free "cheese" flavor: can be used in lasagna, pizza, macaroni and cheese or soups.

Healthy snack ingredient: sprinkle nutritional yeast on popcorn for even more protein and fiber per serving.

"CHEESY" POPCORN

Makes: 2 servings

Recommended serving: 3 cups

Ingredients:

- 1 tablespoon canola oil
- 3 tablespoons popcorn kernels
- 3 tablespoons nutritional yeast

Directions:

1. Put the oil and 1 kernel into a pot. Cover and put the heat on high.
2. Once the kernel has popped, add the rest of the kernels and stir to coat them with oil.
3. Crack the lid to let steam escape as the kernels begin to pop rapidly.
4. When the popping begins to slow, remove from heat.
5. Sprinkle popcorn with nutritional yeast and toss well to coat.
6. Add more nooch to taste and enjoy!

To save time, use 3 cups of plain popped popcorn!

Nutrition information per serving:
140 calories, 19 grams carbohydrates,
7 grams protein, 5 grams fat, 4 grams fiber,
0 grams sugar, 2mg sodium