**Smokey Walnut Parm**

1 cup walnuts

2 tablespoons low sodium miso paste (white, barley, or chickpea)

1 garlic clove

4 tablespoons nutritional yeast

1/2 teaspoon smoked salt

Place all ingredients in the bowl of a food processor or blender. Pulse until crumbly.

Store in the a glass jar in the refrigerator for up to 5 days.

\*If you don’t have smoked salt, substitute another good quality sea salt. It won’t taste smokey but will still be delicious.

\*To make Cashew Parm, use 1 cup raw cashews (soaked or not), 1 garlic clove, 2 tablespoons miso paste, and ¼ cup nutritional yeast.