

# Three Sprinkles

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## Brazil Not Parmesan

### Ingredients

1 cup brazil nuts  
½ cup nutritional yeast  
1 tsp salt  
1 tsp garlic powder (optional)

### Method

Place everything in a food processor and process until it resembles fine breadcrumbs.

## Pepita Sprinkle

### Ingredients

1 cup pepitas  
½ cup nutritional yeast  
1 tsp salt

### Method

1. Place the pepitas in a dry frying pan and place it on the heat until the pepitas start to pop a little. Give it a shake from time to time. Remove from heat and put on a plate or tray to let cool down.
2. Once cooled place the pepitas in a food processor with the nutritional yeast and salt and process until it resembles fine breadcrumbs.

## Gomasio

### Ingredients

1 cup sesame seeds  
1 tsp salt

### Method

1. Place the sesame seeds in a dry frying pan stirring frequently until they brown. Remove from heat and put on a plate or tray to let cool down.
2. Once cooled place the sesame seeds in a coffee grinder and grind until they resemble a fine crumb (you may need to do this in 2 batches). If you don't have a coffee grinder use a mortar and pestle.
3. Put the ground sesame seeds in an air tight jar and mix in the salt.



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