

GreenSpirit



Pine Nut Parmesan

3/4 cup water
1 1/2 cups raw pine nuts
3/4 teaspoon sea salt
1/4 teaspoon probiotic powder (2 capsules)

Place the water, pine nuts, and salt in a Vita-Mix or blender and process until smooth. Add the probiotic powder and blend briefly to mix. Spread the pine nut mixture thinly onto Teflex-lined dehydrator trays. Set the dehydrator to 105 degrees F and dehydrate until completely dry, about 24 hours. Crush the Pine Nut Parmesan by hand and store in a tightly covered container in the refrigerator. It will keep for up to 2 weeks.

*Looks and tastes like hard Italian cheese!
Crumble over a raw pasta dish or salad to satisfy any parmesan craving.*

Makes 2 cups

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