

THE VEGAN GOLD STANDARD

Looking to replace cheese in your diet or just add a flavorful new ingredient to your life?



Meet our nutritional yeast, an excellent source of B vitamins that also contains protein and iron.

Also known as “nooch,” nutritional yeast has a naturally cheesy, nutty flavor that can create a rich flavor base for all kinds of dishes. Sprinkle it on popcorn, pizza and pasta for a quick hit of savory umami, or check out our favorite recipes!

Do you have your own favorite nutritional yeast recipe?

Share it with us on Instagram with **#BobsRedMill!**

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Hundreds of plant-based products!



PLANT-BASED DELICIOUSNESS



Scrumptious RECIPES INSIDE

Questions? Call our Customer Service **(800) 349-2173**

Monday–Friday, 8:30am–4:30pm PST

CASHEW NO-CHEESE SAUCE

Craving rich, cheesy goodness without the dairy? We've got you covered! This luscious Cashew No-Cheese Sauce is an umami bomb thanks to nutritional yeast, garlic, lemon and cashews.

Ingredients

- 1½ cups raw Cashew pieces
- ¼ cup Bob's Red Mill® Nutritional Yeast
- 1½ tsp Salt
- ¼ tsp Garlic Powder
- ¾ cup Water
- 3 Tbsp Lemon Juice

Instructions

In a food processor or blender, process cashews to a very fine powder, adding a small amount of water if needed. Add nutritional yeast, salt and garlic powder and mix to combine. Add lemon juice and water and process until smooth. Serve warm or at room temperature. Gently reheat over very low heat.

NACHO CHEESE DIP VARIATION — Prepare as above, but add 1 tsp ground Paprika, ½ tsp ground Cumin, ¼ tsp Onion Powder and ⅛ tsp ground Cayenne.

Makes 2 cups.



NACHO POPCORN

Why have plain popcorn when you could have nacho cheese popcorn? Not only does this snack take you on a trip to flavor town, it'll also give you enough protein and carbohydrates to make it through a double-feature!

Ingredients

- ¼ cup Coconut Oil
- ½ cup unpopped Bob's Red Mill® Yellow or White Popcorn
- ¼ cup Bob's Red Mill® Nutritional Yeast
- 1 tsp Salt
- 1 tsp ground Paprika
- ½ tsp Garlic Powder
- ½ tsp Onion Powder
- ½ tsp Chili Powder
- ¼ tsp ground Cumin
- ⅛ tsp ground Cayenne Pepper

Instructions

Place coconut oil in a large pot with a tight-fitting lid. Place over medium-high heat to melt coconut oil.

Once coconut oil has melted, add popcorn kernels. Cover with lid and let heat, shaking periodically. Once popcorn begins to pop, shake frequently. Remove from heat when there are more than 3 seconds between pops.

Meanwhile, combine nutritional yeast, salt and spices in a small bowl. When popcorn has been removed from heat, add spice mixture and toss thoroughly before serving.

Makes 8 cups.

NOOCH CRACKERS

These gluten free, grain free and dairy free crackers have a delicious, cheesy flavor.

Ingredients

- 1 Tbsp Bob's Red Mill® Golden Flaxseed Meal
- 3 Tbsp Water
- 1¼ cups Bob's Red Mill® Almond Meal
- ¼ cup Bob's Red Mill® Nutritional Yeast
- ½ tsp Salt
- 1 Tbsp melted Coconut Oil
- 2 Tbsp Lemon Juice
- Kosher or Large Flake Salt to garnish

Instructions

Preheat oven to 350°F. In a small bowl, combine golden flaxseed meal and water. Let sit for 5 minutes.

Meanwhile, combine almond flour, nutritional yeast and salt in a large bowl. Add melted coconut oil, lemon juice and flaxseed meal mixture and mix until a dough forms.

Transfer dough to a piece of parchment paper and cover with a second piece of parchment paper. Roll dough between parchment paper, removing and replacing the parchment as needed, to ¼-inch thickness.

Remove top sheet of parchment paper and transfer crackers on bottom sheet of parchment paper to a sheet tray. Cut into 1½-inch squares or desired shapes. Dock each cracker with a fork and sprinkle generously with kosher or large flake salt.

Bake in preheated oven until deep golden, about 25 minutes.

Makes approx. 50 crackers.



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