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SMOKY HEMP HEART SEASONING MIX



From beautifulingredient.com

Ingredients

- ¾ cup hemp hearts
- ¼ cup nutritional yeast optional
- ½ teaspoon smoked paprika
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon chipotle powder
- ¼ teaspoon coriander
- ¼-1/2 teaspoon salt depending on your preference

Instructions

- Gather all ingredients and put them in a container, such as a mason jar.
- Shake well to mix. Alternatively, stir with a spoon.
- Store in a lidded container in the refrigerator where, if kept dry, it should be good for months!

Editor's Note: I would be tempted to grind up the hemp hearts along with the other ingredients in a food processor. It might not stay fresh quite as long with the seeds ground, but if it's stored in the refrigerator, as the author recommends, that should not be a problem.

Kari, the website and recipe author, is Forks Over Knives Plant-Based Certified. She says: "Beautiful Ingredient focuses mostly on quick, easy, and satisfying ways to eat plants."

Kari writes under DIETARY ACCOMMODATIONS: "Recipes here are all free from animal-based products (including dairy-free and egg-free) and mostly gluten-free, oil-free, and refined sugar-free. There are a few recipes that include dairy-free chocolate chips, for example, which may contain sugar. Recipes that contain gluten, oil, or sugar generally include instructions for modifying."

EATING MORE PLANTS WITH EASY VEGAN RECIPES



30 minutes or less



10 ingredients or less



gluten-free



snacks



water flavors



dessert