

VEGAN PROTEIN GRITS



INGREDIENTS:

- 2 tbsp cream of wheat or rice
- 3/4 cup water
- 1/4 cup nutritional yeast
- 1 tbsp tahini
- Dash of salt
- Optional: cilantro or chives

DIRECTIONS:

1. Add cream of wheat, 2 tbsp nutritional yeast, water, and tahini to a small pot
 2. Cook on medium-high heat while stirring with a wooden spatula for 5-7 minutes
 3. Once mixture thickens remove from heat and add additional 2 tbsp of nutritional yeast and dash of salt
 4. Optional top with cilantro or chives
- Enjoy!

Makes 1 Serving

Calories: 247 | Protein: 18 g | Carb: 27 g | Fat: 8 g | Fiber: 6 g