



## Paleo Parmesan Cheese

**Active Time:** 5 minutes | **Total Time:** 1.5 hours | **Serves:** 20

### Nutrition Information Per Serving

126.6 calories, 3.03 g carbohydrate, 2.1 g fiber, 0.93 g NET carbs, 0.2 g protein, 12.8 g fat

#### Ingredients

- 8 Tbsp(s) Let's Do Organic Creamed Coconut
- 4 Tbsp(s) Bob's Red Mill Nutritional Yeast
- 1/4 tsp(s) Now Foods Vitamin C Crystals
- 6 tsp(s) lemon juice
- 1/2 tsp(s) sea salt
- 1/2 cup(s) coconut oil

#### Preparation

1. Add lemon juice, creamed coconut, nutritional yeast, vitamin C crystals and salt to a blender. Blend well until smooth.
2. Pour in the coconut oil and blend again, scraping down the sides. Mixture will be thick. Add more lemon juice by teaspoon-fuls if you need more liquid.
3. Pour into an ice cube tray (preferably silicone for easy removal) and freeze until solid.
4. Store in an airtight container in the refrigerator.

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