



# The Nutritional Yeast Cookbook: Recipes Using Red Star Vegetarian Support Formula

*Joanne Stepaniak*

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For years vegetarians have been enjoying the delicious, cheesy flavor and exceptional nutritional benefits of Red Star brand nutritional yeast flake. They are a great source of B vitamins, especially B12-essential for vegans. Nutritional yeast can be used to make wonderful substitutes for cheese sauces, sliceable cheese for cold snacks, and meltable cheese for toppings, fondues, and pizza.



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