



The Nutritional Yeast Cookbook: Featuring Red Star's Vegetarian Support Formula Flakes

Joanne Stepaniak

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Over 100 recipes using nutritional yeast to create wonderful substitutes for cheese sauces, sliceable cheese for cold snacks, and meltable cheese for toppings, fondues, and pizza. Find tips on how to make the most of this tasty product in your everyday cooking. A great source of B vitamins.

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