

Cine Recipe

HEALTHY STOCKS

B Vitamin Enriched Stock Powder

Looking for healthy and tasty food options for your little ones? We've got a simple and nutritious solution for you!

This homemade salt free stock powder is perfect for all your savoury dishes, no matter the protein. Plus, it's super easy to make and versatile for different flavours:

Stock Base

Ingredients

- 1 cup nutritional yeast flakes
- ¼ cup dried Italian herb mix

Instructions

1. Blend these ingredients until they form a fine powder.
2. Store in a jar with the use-by date of your yeast or herbs.

Chicken Stock

Add ¼ tsp turmeric and black pepper for a golden, fragrant finish.

Beef Stock

Add 1 tbsp smoked or plain paprika and ¼ tsp nutmeg.


Fish Stock

Add the zest of one lemon.

Instructions

Simply blend together until it forms a fine powder and store in a jar.

It's that easy!



Nutritional Yeast Flakes - a great source of vitamins and minerals.

Add to your curries, casseroles and soups.

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