



# Southern Style "Cheesy" Gritz

an easy comfort recipe

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## Ingredients:

- 3 tsp. [vegetable bouillon](#) + 3 cups water
- 1 cup cornmeal (we like Shagbark Seed & Mill)
- 1/2 cup nutritional yeast
- 1 green onion, sliced
- salt & pepper to taste

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## Tools and Equipment

- Measuring cups
- Measuring spoons
- Sharp knife
- Cutting board
- Medium sauce pan
- Whisk

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## Directions:

- 1.) Slice one green onion and set aside
- 2.) Bring 3 cups of water to a boil in a medium pot  
Once boiling, reduce heat to medium. Add 3 tsp. vegetable bouillon powder and stir until dissolved
- 3.) Next, gradually add grits to the broth (about 1/4 cup at a time)

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## **Directions:**

- 4.) Once the grits are fully incorporated, add the nutritional yeast. Whisk continuously until mixture begins to thicken (about 15 minutes)
- 5.) Remove from heat. Then, serve the gritz and garnish with green onion to taste

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