

# Pumpkin and Hemp Feta Crumble

Source: Dustin Harder @theveganroadie

## About the Recipe

**111 Calories · 7 g Protein · 2 g Fiber**  
**Sauce/Dressing/Topping**

## Ingredients

*Makes 8 Servings*

- 1/2 cup (65 g) hemp hearts
- 1/2 cup (70 g) raw unsalted pepitas
- 1 teaspoon onion powder
- 1/2 teaspoon sea salt
- 2 tablespoons (7 g) nutritional yeast
- 2 teaspoons (11 g) chickpea miso
- Juice of 1/2 lemon
- 2 teaspoons (10 mL) apple cider vinegar

## Directions

1. Add the hemp, pepitas, onion, powder, salt, and nutritional yeast to a food processor and process into a sandlike consistency. If there are a few larger pieces that remain, that is OK; avoid processing the mixture into a powder.
2. Add the miso, lemon juice, and vinegar and pulse a few times until a crumble forms.
3. Crumble over salads in place of feta cheese.

## Nutrition Facts

*Per serving:*

**Calories:** 111

**Fat:** 9 g

**Saturated Fat:** 1 g

**% Calories From Fat:** 66%

**Cholesterol:** 0 mg

**Protein:** 7 g

**Carbohydrate:** 4 g

**Sugar:** 0 g

**Fiber:** 2 g

**Sodium:** 202 mg

**Calcium:** 15 mg

**Iron:** 2 mg

**Vitamin C:** 1 mg

**Beta-Carotene:** 2 mcg

**Vitamin E:** 0 mg