

Formula for a Basic Pesto

1



Combine 2 c. greens, 4 T. nuts, 1/2 t. sea salt, and 2 cloves garlic in a food processor or blender and process until finely minced.

2

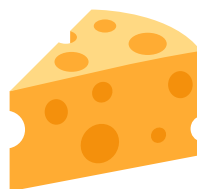


With the machine running slowly, dribble in 1/3 c. olive oil and process until the mixture is smooth.



3

Add 1/2 c. grated parmesan cheese and process very briefly, just long enough to combine. You can use nutritional yeast to make it vegan. Add more olive oil if you prefer a thinner consistency pesto.



4



Store in the refrigerator for 1-2 weeks, or freeze in ice cube trays or Ziploc bags (laying flat) for 6 months.

Use any combination of these greens:

- Basil
- Carrot Tops
- Beet Greens
- Radish Greens
- Turnip Greens
- Spinach
- Kale
- Fennel Fronds
- Arugula

Nut Options:

- Pine nuts
- Walnuts
- Macadamia nuts
- Pecans
- Almonds
- Peanuts
- Cashews