

Fresh Basil Pesto

Food of the Gods - Victoria's very favourite food

KETO FRIENDLY | GLUTEN FREE | NO ADDED SUGAR | SAUCE & STAPLE



Prep: 30 min

Cook: 0 min

Serves: large batch

Temp: No cook

INGREDIENTS

12 large bunches sweet basil, leaves only
1 kg pine nuts, toasted
1 litre olive oil
12 large garlic cloves, or to taste
Juice of 3 large lemons
1 lb / 454 g finely grated Parmesan, or more
Salt to taste, lightly

INSTRUCTIONS

Use only the leaves of the sweet basil, not Thai basil.
Toast pine nuts gently until fragrant, then cool.
Process the basil, garlic, pine nuts, lemon juice, Parmesan and olive oil in batches in the blender.
Blend until smooth but still fresh and vibrant.
Taste and add only a little salt if needed.
Do not cook pesto. Let it melt gently into warm dishes to preserve the flavour.

VICTORIA'S TIP

Victoria calls this her Food of the Gods. Freeze flat in sturdy ziplock bags or vacuum-sealed bags with the air pressed out. Spread thin enough to break off while frozen; this keeps it green, vibrant and fresh-looking.

SERVING IDEAS

Serve on avocado, zucchini spirals, eggs, chicken, fish or vegetables. Pine nuts are classic; sunflower seeds can be used for a nut-free version and walnuts or cashews for economy.

APPROXIMATE NUTRITION PER SERVING

Calories 125 Protein 3 g Fat 12 g Total Carbs 2 g Fibre 1 g Net Carbs 1 g Sugar 0 g
Serving: 2 tbsp

Estimate varies with the amount of oil and Parmesan used.

RECIPES - Light

stopsugarcrave.com/recipes-light

