

Fresh Basil Pesto

Food of the Gods - Victoria's very favourite food

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



Prep: 35 min

Toast: 5-8 min

Makes: large batch

Store: freeze flat

INGREDIENTS

- 12 large bunches sweet basil, leaves only (not Thai basil)
- 1 kg pine nuts, lightly toasted
- 1 litre extra virgin olive oil
- 12 large garlic cloves, or to taste
- Juice of 3 large lemons
- 1 lb / 454 g finely grated Parmesan, or more to taste
- Sea salt, only to taste and not too much

Ingredient note

Pine nuts are the classic choice. For economy, use walnuts or cashews; for a nut-free version, use sunflower seeds.

INSTRUCTIONS

1. Wash and dry the sweet basil well, then use only the leaves.
2. Lightly toast the pine nuts until fragrant. Let them cool before blending.
3. Working in batches, blend basil, pine nuts, garlic, lemon juice, Parmesan and olive oil until rich and smooth.
4. Taste before salting. Add only a little sea salt, because Parmesan already adds savoury depth.
5. Transfer to sturdy ziplock bags or vacuum-sealed bags. Press out the air and freeze flat in a thin layer.
6. Break off frozen pieces as needed and let the pesto melt gently into warm food.

SERVING IDEAS

For keto, serve on avocado, zucchini spirals, eggs, chicken, fish or roasted vegetables. Do not cook basil pesto; let it melt into warm dishes to preserve the bright basil flavour.

VICTORIA'S TIP

This is my very favourite food - truly 'Food of the Gods.' Freezing it flat in sturdy bags keeps it green, vibrant and fresh-looking for up to a year.

APPROXIMATE NUTRITION PER SERVING

Calories 160 Protein 4 g Fat 16 g

Total Carbs 2 g Fibre 1 g Net Carbs 1 g

Sugar <1 g Serving: 2 tbsp / 30 g

Estimates vary by Parmesan amount, oil used and serving size.

RECIPES - LIGHT BITES

stopsugarcrave.com/recipes-light-bites

