



Ultimate Kale Pesto: Healthy, High Vibe, Easy, Delicious!

Watch the YouTube demo via the link in the blog post.

Elevate your meals with this vibrant, high-vibe pesto! Blending the traditional flavors of fresh basil, garlic, parmesan cheese, and pine nuts with a zesty twist of kale, lemon, and walnuts, this recipe is anything but ordinary. Nutritional yeast adds an irresistible depth, making every bite uniquely delicious. Whether you're stuffing mushrooms, dipping artichokes, tossing it with veggies, drizzling over pasta, or stuffing chicken breasts, this pesto brings a healthy, flavorful boost to any dish.

Want to see how it all comes together? Watch my latest cooking demo to learn the secrets behind this crowd-pleaser!

Ingredients:

- 2 cups kale, organic, firmly packed, torn into smaller pieces, stems removed
- 2 cups fresh basil, organic, firmly packed leaves, stems removed
- ½ cup extra virgin olive oil, organic
- 1 lemon, organic, zested and juiced
- 4 cloves garlic, organic, peeled
- 1/3 cup parmesan cheese, organic, grated
- 1/2 cup nutritional yeast, organic
- 1/2 cup walnuts, organic, toasted
- 1/3 cup pine nuts, organic, toasted
- 1 tsp sofrito seasoning, organic
- Pinch of sea salt and pepper, to taste

Procedure:

1. **Toast the Nuts:** Toast the pine nuts and walnuts in a dry frying pan over medium-high heat. Spread them in a single layer, stirring constantly, until they're fragrant and lightly browned (about 3–5 minutes). Remove from heat and set aside.
2. **Prep the Ingredients:** Wash all vegetables thoroughly. Stem the kale and basil, peel the garlic, zest the lemon using a micro-plane, and juice the lemon.
3. **Blend the Pesto:** Load the ingredients into a food processor or blender in the order listed above. Pulse about 10 times to combine, then blend on medium speed for about 1 minute.
4. **Adjust and Blend Again:** Scrape down the sides of the food processor or blender bowl. Pulse another 10 times, then blend for an additional minute until smooth and creamy.

Voilà! Your pesto is ready to serve or use in your favorite recipes. Bon appétit!