



# Pesto Pepita Freezer Blocks

**Servings : 20**

**Serving size:  
2 Tablespoons**

## **Equipment:**

Food processor, freezer storage cube tray or ice cube tray, measuring cups, measuring spoons, spatula, mixing spoon

## **Ingredients:**

- 5 cups fresh basil
- 1/2 cup pepitas (pumpkin seeds)
- 1/2 cup pine nuts
- 1/2 cup fresh grated parmesan cheese
- 1 tsp minced garlic
- 3/4 cup extra-virgin olive oil
- 4 Tbsp fresh lemon juice
- 1/4 tsp kosher salt
- 1/4 tsp ground black pepper

## **Preparation:**

1. To a food processor, add your fresh basil, pine nuts, pepitas, parmesan cheese, garlic, salt, pepper, lemon juice, and olive oil.
2. Blend well to combine
3. Fill the compartments of your freezer tray and freeze for later use.\* Use immediately rather than freezing if desired. Enjoy!

**\*Storage Tip:** After your blocks are frozen, combine them into a labeled and dated freezer bag to keep your freezer well organized.

## **Nutrition Facts per serving:**

**Calories 124.7**

Total Fat 12.6g (16%)  
Saturated Fat 2 g (10%)  
Trans Fat 0g  
Cholesterol 1.9mg (1%)  
Sodium 48.2mg (2%)  
Total Carbohydrate 1.4g (1%)  
Dietary Fiber 0.4g (2%)  
Total Sugars 0.3g  
Added Sugars 0% (0%)  
Protein 2.6g  
Vitamin D 0mcg (0%)  
Calcium 46.5mg (4%)  
Iron 0.7mg (4%)  
Potassium 67.3mg (1%)

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