



HOMEMADE BASIL PESTO

Ingredients:

- Fresh basil: 2 cups packed
- Pine nuts (or walnuts): ¼ cup
- Garlic: 1-2 cloves
- Parmesan: ¼ cup grated
- Olive oil: ½ cup
- Salt + pepper to taste
- Optional: squeeze of lemon

Directions:

- Blend basil, nuts, garlic, and Parmesan in a food processor.
- Slowly add olive oil while blending until smooth.
- Season to taste. Store in airtight jar for up to 5 days.

Est. Macros

Calories: ~90 Protein: ~1.5 g Carbs: ~1 g Fat: ~9 g



Enjoy!

