

Recipe Name Dairy Free Basil Pesto – makes 1 ¼ cups pesto

Ingredients: A generous ½ cup raw, organic walnuts (pieces or halves)
 2-3 cloves garlic
 2 2.5oz. packages organic basil, cleaned and dried, large stems removed
 2 Tbsp. nutritional yeast
 6 oz. extra virgin olive oil
 Kosher salt & freshly ground black pepper

Directions

1. Using a food processor is best for this. Add walnuts and garlic to food processor bowl and pulse until crumbly.
2. Add about ½ of the basil and 2 oz. (1/4 cup) olive oil and pulse until the basil is incorporated.
3. Repeat with the rest of the basil and another 2 oz. olive oil.
4. Using a spatula, push pesto down into the bowl of the food processor. Add 2 Tbsp. nutritional yeast, 1 tsp. kosher salt and several grinds of black pepper along with another 2 oz. olive oil. Process until mostly smooth.
5. Taste and add more salt/pepper/garlic as needed – if adding garlic at this point, I would recommend mincing it so that you don't end up with a chunk!

*Pesto will stay in the fridge for up to a week, though will get darker in color as it oxidizes. I recommend freezing leftovers in muffin cups or mini muffin cups for a quick fix another time!

Nutrition Facts

Servings: 10

Amount per serving	
Calories	186
	% Daily Value*
Total Fat 19.8g	25%
Saturated Fat 2.5g	13%
Cholesterol 0mg	0%
Sodium 2mg	0%
Total Carbohydrate 2.1g	1%
Dietary Fiber 1.2g	4%
Total Sugars 0.1g	
Protein 2.9g	
Vitamin D 0mcg	0%
Calcium 32mg	2%
Iron 1mg	6%
Potassium 125mg	3%

*The % Daily Value (DV) tells you how much a nutrient in a food serving contributes to a daily diet. 2,000 calorie a day is used for general nutrition advice.