



Kale Pesto

1^{1/2} Cups

INGREDIENTS

- 1 bunch kale
- 2 garlic cloves, minced
- 1/2 cup oil (olive oil works well)
- 1/4 cup sunflower seeds, pine nuts, pumpkin seeds, or almonds
- 1/4 cup parmesan cheese of any variety

DIRECTIONS

1. Pulse sunflower seeds in a food processor until finely ground.
2. Add oil, kale, and garlic. Blend until smooth.
3. Add Parmesan and blend to combine.
4. Taste and add more ingredients as needed to reach your desired consistency and taste.
5. Serve with pasta or spread on sandwiches or use as a dip! Enjoy.



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