



Basil Pesto

4-6 servings

INGREDIENTS

- 2 cups fresh basil leaves
- 1/2 cup nutritional yeast or parmesan cheese
- 1/2 cup extra virgin olive oil
- 1/3 cup sunflower seeds or pine nuts
- 3 garlic cloves, minced (about 3 teaspoons)
- 1/4 tsp salt, more to taste
- 1/8 tsp freshly ground black pepper

DIRECTIONS

1. Place the basil and sunflower seeds or pine nuts into a food processor and pulse several times.
2. Add the garlic and cheese or yeast and pulse several times more. Scrape down the sides of the food processor with a rubber spatula.
3. While the food processor is running, slowly add the olive oil in a steady small stream. Occasionally stop to scrape down the sides of the food processor.
4. Stir in salt and pepper, add more to taste.

Note: toss with pasta for a quick sauce, put over baked potatoes, into scrambled eggs, or on crackers or toast.



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