



Magnifi-Pesto



Vegan, Paleo

Pesto is simply a genius invention. These Italians, I tell ya'... they got the language, the fashion, architecture, beauty, lovers (so I hear), and obviously the food... Oh, the food.

As my nutrition journey evolved during the years to fit and suit my bio-individuality, I chose not to eat many of the Italian dishes (and it's ok). However, I simply can't imagine my life without pesto.

It is so versatile and healthy, and I use it in so many shapes and forms to accompany many dishes. I have nothing against parmesan cheese; in fact, I adore it but I don't use it in my pesto simply to accommodate the vegans among us.

- ♥ 8 oz Basil (2x 4 oz box from Trader Joe's. Wash and separate the leaves)
- ♥ ¾ cup olive oil
- ♥ 1 cup raw cashews (cheaper, sweeter, and more readily available than pine nuts)
- ♥ 6-7 garlic cloves (use more or less to your liking)
- ♥ ¾ tsp. salt
- ♥ Pepper

1. Mix all the ingredients together in a blender or food processor until your desired texture.
2. Taste and adjust salt and garlic to your liking.
3. Place in a container and store in the fridge or the freezer.

- I usually buy the organic basil - 4 oz box at Trader Joe's - if I don't have enough in my garden.
- I love my Blendtec blender! It's a great investment for your kitchen and will serve you loyally for many years to come. It makes this pesto so smooth and silky.
- I usually portion and store in Ziploc bags in the freezer. Always ready to go!

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