

Cashew Basil Pesto



If you can't find a good-quality pesto at your local grocery store – one that has been made with olive oil and doesn't contain processed seed oils – this recipe is seriously easy and truly delicious.

Makes	1 cup	Per serve (2 tbsp)
Prep time	10 minutes	Carbs 1.9 g
Difficulty	●●●	Protein 3.1 g
		Fat 15.2 g
		Energy 156 Cal

INGREDIENTS

- 1/2 cup raw cashews
- 1/4 cup grated Parmesan
- 1–2 cloves garlic, peeled
- 1/2 cup fresh basil leaves
- 1/4–1/2 cup extra virgin olive oil
- zest of 1/2 lemon
- 1/4 tsp salt

METHOD

Place all the ingredients in a blender and blend to a smooth pesto, then season to taste with salt and freshly ground black pepper – it's as easy as that! Store in the fridge for 7–10 days, or simply divide it into small portions (an ice cube tray works well), wrap well and pop in the freezer to defrost when needed.

