



Vegan Pumpkin Seed Pesto

4 servings

5 minutes

Ingredients

1 1/2 cups Fresh Basil
1/2 cup Pumpkin Seeds (Shells removed)
1/3 cup Extra Virgin Olive Oil
2 cloves Garlic
Sea Salt & Black Pepper (to taste)

Directions

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Combine basil, pumpkin seeds, garlic, olive oil, salt & pepper to a food processor and blend until combined to desired consistency.

Notes

Roasting Adds Even More Flavor, Roasted garlic & dry roasted pumpkin seeds (can make or buy pre-roasted) are recommended, but not required.

Get Creative, Use as a dip, on sandwiches, or with your favorite dishes like pasta, fish, eggs or meat. The possibilities are endless!