

Rawlicious Pesto

Raw pesto, great with zucchini noodles, as a dip or in raw pizza.

Categories

Gluten-free

Yields: 4 servings

Preparation time: 5 mins

Cooking time: 0 mins

Category: Dips and spreads

Complexity: Moderate

Vegan experience: Some experience

Preparation style: Raw

Ingredients

Basil, fresh	1.5 cup
Spinach, raw	1 cup
Olive oil	0.5 cup
Lemon juice, fresh	0.33 cup
Garlic, fresh	1.5 clove
Salt, sea salt	0.25 teaspoon
Black pepper, ground	0.25 teaspoon
Sunflower seeds, raw	0.75 cup

Instructions

Soak sunflower seeds in water for 4-6 hours or overnight.

Measure 1.5 cups packed fresh basil.

1. Place everything except the sunflower seeds in the food processor and process until smooth.
2. Add the soaked, rinsed and drained sunflower seeds to the processor and pulse to combine, leaving some texture.

Can be stored in fridge for up to 3 days.