

Pumpkin Seed Pesto



Discover the benefits of our Pumpkin Seed Pesto. A healthy and delicious twist on the classic, packed with nutrients and unique flavors. Elevate your dishes with this flavorful sauce!

Preparation 10 min

Cooking 0 min

Servings 4

Nutrition Facts (per serving)

Calories 150

Fat 12

Carbohydrates 5

Fibre 4

Protein 6

Sodium 125

Ingredients

- 1-2 cloves minced garlic
- 65 ml (¼ cup) fresh basil leaves
- Half of a lemon juice
- 65 ml (¼ cup) pumpkin seeds
- 65 ml (¼ cup) water
- 30 ml (2 tbsp) nutritional yeast

Preparation

1. Combine all the ingredients in a food processor or a blender and mix for about 1 minute. Stir if necessary and mix again for another minute.
2. Add water if the consistency is too thick and mix again. Excellent in pasta, salad, sandwiches and on a thin-crust pizza!



Gabrielle Simard – Créatrice culinaire
Culinary Creator