



PRESTO PESTO



Ingredients

- ½ cup sunflower seeds (toasted & unsalted)
- 2 cups (lightly packed & washed) basil leaves
- 2 cloves garlic
- ½ cup grated parmesan cheese (powdered pizza type works too)
- ¼ cup olive oil (canola or vegetable works too)
- 2 - 3 Tablespoons lemon juice

Directions

A blender or good processor works best, but a good old knife and cutting board will do!

1. Chop sunflower seeds first, set aside
2. Finely chop garlic and basil
3. Combine garlic, basil, oil, lemon juice, and parmesan
4. Toss in sunflower seeds

Serve on pasta, potatoes, or use as a dip for veggies, or try it on a delicious crusty bread!

To store: pack into clean ice cube trays, freeze solid, remove & place in ziploc bags, store in freezer, thaw cubes & use as desired.



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