



Dose of Nutrition Vibrant Spinach Walnut Pesto

BY HUMA NAZ



Serves about
8



Total time:
5 mins.



Vegetarian



Gluten-free



INGREDIENTS

- 4 cups of fresh spinach
 - 1/4 cup of walnut halves
 - 1-2 small garlic cloves
 - 2 tbsp. lemon juice
 - 1 oz. parmesan cheese or nutritional yeast
 - 3-4 tbsp. olive oil
 - 1-2 tbsp. warm water
- (Adjust spices per taste preference)
- 1/4 tsp. chili powder or crushed red pepper flakes
 - 1/4 tsp. cumin
 - 1/2 tsp. black pepper
 - Pinch of Himalayan salt

PROCEDURE

- 01** Toss all ingredients in a food processor and a small bit of the olive oil.
- 02** Process until the mix is smooth. You may need to stop the processor to scrape the sides.
- 03** Gradually add the rest of the olive oil and process until everything is blended well. You can add a bit more olive oil or warm water for a more creamy consistency.

RECIPE NOTES

- You can store the pesto sauce in a glass jar in the refrigerator for up to a week.
- For best results, use a food processor rather than a blender.