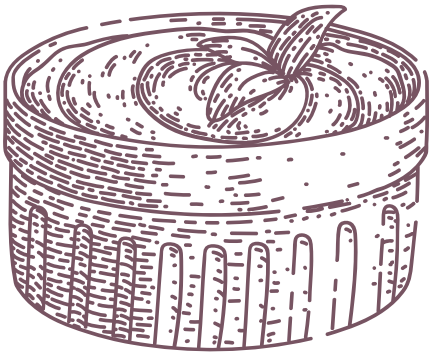
Pesto

All of the benefits of basil with a boost of fresh garlic and other nutrient rich greens to nourish the body and support the immune system.



INGREDIENTS

½ cup olive oil
2 cups basil1 cup leafy greens (kale, spinach, chard or other herbs of choice)
½ cup nuts (pine nuts, walnuts, pecans, almonds, etc.)
3 garlic cloves
½ tsp Real salt
¼ cup Parmesan cheese

DIRECTIONS

Blend together in food processer or blender until chunky or smooth, depending on your preference.