

Quick & Easy Pesto



8 servings



10 minutes

This vibrant, dairy-free pesto is made with real, whole-food ingredients your body will thank you for. Fresh basil delivers antioxidants and anti-inflammatory benefits, while raw cashews or pine nuts offer healthy fats that support brain and heart health. Olive oil, rich in monounsaturated fats and polyphenols, helps reduce inflammation and support skin health, while garlic and lemon add natural detoxifying properties.

Unlike store-bought versions loaded with preservatives or dairy, this homemade pesto is clean, simple, and nutrient-dense — a delicious way to upgrade pasta, protein, or veggies without compromising your wellness goals.



INGREDIENTS

- 2 cups fresh basil leaves, packed
- 1/3 cup raw cashews or pine nuts
- 1–2 garlic cloves
- Juice of 1/2 lemon
- 1/3 cup extra virgin olive oil
- 2–3 tbsp water (as needed to blend)
- Salt to taste
- (Optional) 1/4 cup grated Parmesan cheese
- (Optional) 1 tbsp nutritional yeast (if keeping dairy-free)

METHOD

1. Add olive oil, lemon juice, and water to your Ninja blender first.
2. Add garlic, nuts, cheese (if using), and top with basil.
3. Blend on low or pulse until smooth but textured.
4. Scrape down sides and adjust seasoning to taste.
5. Top it on your favourite pasta or grilled chicken!

Storage: Refrigerate up to 5 days or freeze in cubes. Store in a jar with a thin olive oil layer on top to keep fresh.

NOTES: If you're using a food processor:

6. Less liquid is required (you can start with just 1–2 tbsp of olive oil and drizzle in more as needed).
7. Order of Ingredients: Solids first. Pulse basil, garlic, and nuts together, then slowly drizzle in olive oil while it's running for best consistency.

Macros (per serve) Calories: -130 | Protein: -2g | Carbs: -2g | Fat: -14g