



4-Herb Pesto Recipe

This vegan herbal pesto is full of flavor, not to mention packed with nutrients, vitamins, and minerals that support your body's needs. Add this pesto to pasta, salads, sandwiches, grilled meat or vegetables. The possibilities are endless!

Ingredients

- 8 cups fresh arugula
- 6 cups fresh basil
- 1-2 cups extra virgin olive oil (as needed)
- 1 cup dry or fresh nettle leaf
- 1 cup dry or fresh lemon balm
- 1/2 cup pine nuts
- 1/4 cup nutritional yeast
- 1/4 cup lemon juice
- Zest of 1-2 lemons
- 5-7 garlic cloves

Directions

- While drizzling in olive oil, add all ingredients into a blender or food processor. Blend until ingredients are well mixed and desired consistency is reached.
- Serve fresh or pack into an ice cube tray. Freeze cubes, then transfer to a freezer bag and store in freezer for up to one month.