

# Benefits of pesto sauce

## About pesto sauce

Pesto is a sauce (also called the traditional dish pesto alla genovese) originating in Genoa in the Liguria region of northern Italy. Traditional pesto consists of minced garlic, basil, and European pine nuts mixed with olive oil, Parmigiano Reggiano, and Fiore Sardo cheeses. Its name is derived from the Genoese word *pestâ*, meaning to crush or pound, in reference to the original method of preparation, using a marble mortar and a wooden pestle.



Enjoy the authentic taste of Italy with our fresh organic Pesto Sauce. Crafted using the original recipe, this vibrant pesto combines hand-picked basil leaves, rich Parmesan cheese, premium pine nuts, aromatic garlic, and a blend of salt and pepper. Each jar is enriched with organic olive oil, delivering a smooth and flavorful pesto perfect for pasta, sandwiches, or as a dip. Taste the freshness and elevate your dishes with every spoonful of this traditional, gourmet pesto.

## Memory Support:

Eating pesto sauce helps you get the plant compounds and essential oils found in basil, which improves mental health, relieves anxiety and depression, increases concentration, reduces the risk of inflammation, and reduces the risk of age-related memory loss.

## Pesto sauce and diabetics:

There is no harm in consuming pesto sauce for diabetics, as it is low in carbohydrates, sugar, and fat, and does not cause an increase in blood sugar levels.

It is recommended to eat the sauce with a plate of grilled vegetables, to obtain dietary fiber that contributes to improving blood sugar control and reducing the risk of high blood sugar levels.

## Pesto sauce and heart patients :

Make sure to eat an appropriate portion of pesto sauce, as it contains basil, which enhances heart health and lowers blood pressure

## Precautions for eating pesto sauce

There are no harmful effects of pesto sauce, but make sure you do not have any type of allergy to its ingredients.

