

Kale Pesto

BY NUTRITION TEAM



INGREDIENTS:

✓ Available for purchase in the PureFormulas Store

- 2/3 cup toasted walnuts
- 3 packed cups of raw kale
- 2 packed cups of basil
- 3/4 cup grated parmesan
- 5 tbsp vegetable broth, you may not need it all
- 2 tbsp olive oil
- 5 cloves of garlic, pressed or finely dice
- 2 tsp lemon juice
- 1 tsp salt, more if desired

DIRECTIONS:

1. Toast the walnuts. Walnuts are loaded with health benefits, like healthy fat (poly- and monounsaturated fat), dietary fiber, and protein. They are also bland and waxy—that is until they're toasted. Toast walnuts in the oven around 350°F, for 8-12 minutes or until they are a dark brown. Magic will happen.
2. In a food processor or high speed blender, add walnuts, kale, and basil. The mixture will be fairly dry; that's okay for now. The goal of this stage is to break down the big ingredients into smaller pieces.
3. Add the parmesan. Try not to eat too much of it as you go along. (But don't be too hard on yourself.) The mixture will start to clump. At this point you can add in liquid slowly. Start with vegetable broth, one tablespoon at a time. Then add in olive oil. Your kale pesto should be somewhere between a sauce and a paste in consistency.
4. Work in the flavor. Add in lemon juice, garlic, and salt. Blend until smooth. If your pesto is a little too thick, consider adding more broth. Too thin? A little more cheese can go a long way.