

Basil Pesto

Yield: 8 servings

Gluten-free

RECIPE CUSTOMIZATION

To make it dairy-free, swap butter and cheese with dairy-free alternative

To make it low-FODMAP, omit garlic

Ingredients

2 cups fresh basil leaves, lightly packed

½ cup Parmigiano-Reggiano cheese, freshly grated

⅓ cup pine nuts

2 cloves garlic, peeled and trimmed

¼ cup water

¼ cup extra virgin olive oil

Salt, kosher (to taste)

Black pepper (to taste)

Directions

1. Place basil (2 cups), Parmigiano-Reggiano cheese (½ cup), pine nuts (⅓ cup), garlic (2 cloves), and water (¼ cup) in a small food processor or blender.
2. Run blender on low until ingredients are broken down and combined but still slightly chunky.
3. Add olive oil (¼ cup) while running blender to combine.
4. Taste and adjust with salt and pepper to suit your liking.



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Nutrition Facts

Serving size 1 (1.4oz)

Amount Per Serving **40g**

Calories **128**

% Daily Value

Total Fat 12.4g **19%**

Saturated Fat 2.2g **11%**

Cholesterol 5mg **2%**

Sodium 405mg **17%**

Total Carbohydrate 3g **1%**

Dietary Fiber 0g **2%**

Sugars 0g

Protein 3g **6%**

Vitamin A **8%**

Vitamin C **6%**

Calcium **7%**

Iron **3%**