



KIWI RECIPES

Our Favourite Recipes for Our Favourite Plants

RECIPE NAME Vegan Spruce Tip Pesto SERVES approx. 2

CATEGORY Sauce PREP TIME 5 min COOK TIME _____

MY RATING



VEGETARIAN

VEGAN

RAW FOOD

SUGAR FREE

GLUTEN FREE

DAIRY FREE

INGREDIENTS

1 cup	fresh spruce tips
1/2 cup	packed basil leaves
1/3 cup	nutritional yeast
1/4 cup	pine nuts
1/4 cup	olive oil
1 clove	garlic
2 tsp	fresh squeezed lemon juice
1 tsp	lemon zest
	sea salt to taste

DIRECTIONS

1. In a food processor, add all ingredients and pulse until evenly combined.
2. Transfer to an air tight container and store in the refrigerator up to four days.

MY NOTES
