



Sunflower Shoot Pesto

SIMPLE RECIPE

Ingredients

- 2 cups sunflower shoots*
- 1/2 cup pine nuts or nut of your choice (walnuts, almonds)
- 6 Tbsp olive oil
- 1/4 cup grated parmesan cheese
- 2 cloves garlic, minced
- Juice from 1 lemon (adjust to taste)
- Salt and pepper to taste



Directions

Blend ingredients together in a blender or food processor. If needed, add more olive oil until the pesto is smooth.

Enjoy!

*You can use a combination of sunflower shoots, pea shoots, and/or micro basil for this recipe!

Tip: freeze pesto in silicone trays. Once frozen, put pesto cubes into a freezer bag. These will last for several months in the freezer for you.

