

Basil + Baby Kale Pesto

gluten-free, dairy-free, vegan

Recipe by Jentry Lee Hull

Prep time: 10 minutes

Yields: Yields 1.5 cups pesto (24, Tbsp servings)

Tools you'll need:

- [Spinner](#)
- [Citrus Squeezer](#)
- [Food Processor](#)

Ingredients

- 2 heaping cups fresh basil, stems removed
- 3 cups baby kale
- 1 cup raw cashews
- ½ cup raw walnuts (or cashews)
- 4 cloves garlic, peeled and trimmed
- ¼ cup lemon juice (about 1 large lemon's worth)
- 1 Tbsp nutritional yeast (aka Nooch)
- 1 tsp kosher salt/pink salt
- ¼ cup olive oil
- 2-3 Tbsp unsweetened plain plant milk ([Ripple](#) or [Almond](#))

Method

- Using a [Spinner](#), thoroughly rinse, drain and spin-dry the basil and kale.
- In a food processor, combine basil, baby kale, cashews, walnuts, garlic, lemon juice, nutritional yeast, and salt.
- In the [Food Processor](#), blend for 30 seconds, slowly adding the oil and plant milk (start with 2 Tbsp and add another to thin).
- Scrape down the sides to incorporate all ingredients.
- Blend again for another 15-20 seconds, or until pesto is creamy and smooth.

- Store pesto in an airtight container in the fridge, for up to 7 days. Or, freeze (in an ice cube tray or freezer container) for up to 3 months.

Nutrition Facts	
Servings 24.0	
Amount Per Serving	
calories 71	
% Daily Value *	
Total Fat 6 g	9 %
Saturated Fat 1 g	4 %
Monounsaturated Fat 2 g	
Polyunsaturated Fat 0 g	
Trans Fat 0 g	
Cholesterol 0 mg	0 %
Sodium 87 mg	4 %
Potassium 27 mg	1 %
Total Carbohydrate 3 g	1 %
Dietary Fiber 1 g	2 %
Sugars 1 g	
Protein 1 g	3 %
Vitamin A	2 %
Vitamin C	13 %
Calcium	2 %
Iron	0 %
<p>* The Percent Daily Values are based on a 2,000 calorie diet, so your values may change depending on your calorie needs. The values here may not be 100% accurate because the recipes have not been professionally evaluated nor have they been evaluated by the U.S. FDA.</p>	