



Creative Juices  
Consulting

## Basil Pesto

**2 cups packed fresh basil leaves, washed and patted dry**  
**3 cloves garlic**  
**1/4 cup pine nuts or walnuts**  
**2/3 cup extra-virgin olive oil, divided**  
**Freshly ground pink Himalayan sea salt and black pepper**  
**1/2 cup freshly grated parmesan cheese**  
**Lemon juice as needed**

**Combine the basil, garlic, and pine nuts in a food processor and pulse until coarsely chopped.**

**Add olive oil and parmesan cheese and blend until smooth.**

**Add lemon juice until the desired consistency is reached. Add salt and pepper to taste.**

**\*To freeze, pour into ice cube trays and place in freezer until firm. Transfer cubes to an airtight container or freezer bag and use as needed.**

**\*For a milder version, you can substitute walnuts for pine nuts and spinach for basil**