



The Wholeness Chef

Basil Pesto (Dairy Free)

Pesto is a great summertime sauce, especially when my garden is overflowing with fresh basil. It's really versatile too – you can use it as a dip for chips or crackers, you can use it as a salad dressing, or classically as it's used on noodles. My boys are always asking me for their “green noodles” and they absolutely love this dish. It's dairy-free, but you won't miss the cheese. Let's make some pesto!

– Dr. Mary Rondeau | The Wholeness Chef

Ingredients:

1 1/2 cups Organic Basil Leaves
1/3 cup Organic Extra Virgin Olive Oil
1/4 cup Raw Cashews
1-2 Organic Garlic Cloves
1/2 tsp Lemon Juice
1/2 tsp Redmond Real, Celtic or Himalayan Salt or more to taste
1/4 tsp freshly ground Black Pepper

Directions:

1. Add cashews and garlic cloves to a food processor and pulse just until nuts are broken down.
2. Add all other ingredients except olive oil and blend until smooth.
3. If processor allows, gradually add olive oil and blend until smooth, otherwise add olive oil all at once and blend until smooth.
4. Adjust seasoning if needed. Pesto stores well in the fridge for 4-5 days or the freezer. Cover with a layer of olive oil first to prevent discoloration.

Use as a vegetable dip, salad dressing, sandwich spread, over noodles or Spaghetti squash.