

Basil & Macadamia Pesto

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving, tbsp, 15 g/ 0.5 oz): Total carbs: 0.9 g, Fiber: 0.3 g,

Net carbs: 0.5 g, Protein: 0.5 g, Fat: 9.5 g, Calories: 88 kcal,

Original recipe, Keto Diet App - The ultimate low-carb diet app



Ingredients (makes 1 cup, 240 g/ 8.5 oz)

2 cups fresh basil (30 g/ 1.1 oz)

1/3 cup macadamia nuts (45 g/ 1.6 oz)

2 tbsp pine nuts or more macadamia nuts (15 g/ 0.5 oz)

4 cloves garlic

1 tsp fresh lemon zest

1 tbsp fresh lemon juice

1/2 cup extra virgin olive oil (120 ml/ 4 fl oz)

salt and pepper to taste

Optional: 1/3 cup grated parmesan cheese (30 g/ 1.1 oz)

Instructions

1. Wash the basil, peel and mash the garlic, juice and zest the lemon.
2. Place the oil, basil, garlic, lemon, macadamia and pine nuts, salt and pepper into a blender or a food processor.
3. Pulse until smooth. Optionally, add grated parmesan cheese and pulse for a few more seconds.
4. When done, use immediately or spoon the mixture in a glass jar, top with a bit of olive oil and seal properly with a lid. Refrigerate for up to 2 weeks.

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