

Cheesy Vegan Keto Pesto

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving, 1 tbsp, 15 g/ 0.5 oz): Total carbs: 1.6 g, Fiber: 0.7 g,

Net carbs: 0.9 g, Protein: 1.7 g, Fat: 5.8 g, Calories: 62 kcal,

[Original recipe](#), [Keto Diet App](#) - The ultimate low-carb diet app



Ingredients (makes 1 cup/ 240 ml/ 8 fl oz)

- 1 bunch basil (40 g/ 1.4 oz)
- 2 tbsp [sunflower seeds](#) (20 g/ 0.7 oz)
- 2 tbsp [pumpkin seeds](#) (20 g/ 0.7 oz)
- 4 garlic cloves
- 2 1/2 tbsp [nutritional yeast](#) (30 g/ 1.1 oz)
- 1 tsp sea salt, or to taste
- 2 tbsp lemon juice (30 ml)
- 1/3 cup [extra virgin olive oil](#) (80 ml)

Instructions

1. Wash and pat dry the basil.
2. Add all of the ingredients except for the lemon juice and olive oil to a food processor, and process until the seeds and basil are finely chopped.
3. Add the lemon juice and pulse to combine. Scoop out the basil mix and place in a small bowl or jar. Stir through the olive oil until combined.
4. Store in a sealed container in the fridge 2 – 3 weeks. Make sure when storing that there is a layer of olive oil covering the pesto — this will keep the ingredients fresher for longer.

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