

Easy Nut-Free & Dairy-Free Pesto

Hands-on 5 minutes Overall 5 minutes

Nutritional values (per serving, 1 tbsp/ 15 g/ 0.5 oz): Total carbs: 1.1 g, Fiber: 0.5 g,

Net carbs: 0.6 g, Protein: 1.1 g, Fat: 7.4 g, Calories: 73 kcal,

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



Ingredients (makes 1 cup)

large bunch of fresh basil (85 g/ 3 oz)

3 tbsp [sunflower seeds](#) (26 g/ 0.9 oz)

3 tbsp [nutritional yeast](#) (36 g/ 1.3 oz)

2 garlic cloves, sliced

2 tbsp lemon juice (30 ml)

1/4 tsp sea salt

3/4 cup [extra virgin olive oil](#) (180 ml/ 6 fl oz)

Instructions

1. Place all ingredients in a blender and process until smooth.
2. Store in an airtight container in the refrigerator for up to 7 days. You can also freeze the pesto in an ice cube tray then transfer to a freezer bag for long term storage.

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