

# Homemade Arugula & Mint Pesto

Hands-on 5 minutes Overall 5 minutes

**Nutritional values (per serving, tbsp, 15 g/ 0.5 oz):** Total carbs: 0.8 g, Fiber: 0.3 g,

**Net carbs: 0.5 g**, Protein: 1.4 g, Fat: 5.1 g, Calories: 53 kcal,

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



## Ingredients (makes ~ 1 1/3 cups)

- 3 cups arugula, packed (90 g/ 3.2 oz)
- 1/2 cup fresh mint, packed (28 g/ 1 oz)
- 1/2 cup grated pecorino or parmesan cheese (56 g/ 2 oz)
- 1/4 cup walnuts (30 g/ 1.1 oz)
- 2 cloves garlic
- 2 tbsp lemon juice (30 ml)
- 1/4 tsp sea salt or pink Himalayan salt
- 1/3 cup extra virgin olive oil (80 ml/ 2.7 fl oz)

## Instructions

1. Place all of the ingredients except olive oil in a food processor.
2. Blend until smooth, with the motor running stream in the olive oil ...  
... until emulsified.
3. Transfer to a jar and store in the refrigerator for up to 1 week.

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