

Homemade Cilantro Pesto

Hands-on 15 minutes Overall 15 minutes

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

Net carbs: 0.5 g, Protein: 1.5 g, Fat: 6 g, Calories: 62 kcal,

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



Ingredients (makes ~ 1 3/4 cups)

large bunch of fresh cilantro, tops not stem (125 grams/ 4.5 oz)

1 clove garlic

juice from lime (3 tbsp/ 45 ml)

1/2 cup slivered [almonds](#) (54 g/ 1.9 oz)

1/2 cup [pumpkin seeds/ pepitas](#) (65 g/ 2.3 oz)

6 tbsp grated Parmesan (30 g/ 1.1 oz)

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

Optional: salt and pepper, to taste

Instructions

1. Toast the almonds in a dry fry pan until just browned and fragrant.
2. Place almonds into the bowl of a food processor and pulse until broken up.
3. Add cilantro, garlic, pepitas and lime juice and pulse until well combined.
4. Add parmesan and pulse again until mixed through. With the motor running, drizzle the olive oil into the mixture until it is combined.
5. Store in a jar in the refrigerator for up to one week, or freeze in ice cube trays to add to dishes.

More great content on KetoDietApp.com

[Keto calculator](#)

[Best keto recipes](#)

[Complete keto diet food list](#)

[Expert articles & ketogenic guides](#)

[Keto Diet App](#)

[Free & premium keto diet plans](#)