

Quick & Easy Homemade Mint 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: 0.6 g,

Net carbs: 0.6 g, Protein: 0.5 g, Fat: 8.9 g, Calories: 84 kcal,

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



Ingredients (makes about 1 1/4 cups/ 300 ml)

2 cups packed mint leaves (100 g/ 3.5 oz)

1/4 cup slivered almonds or sunflower seeds (25 g/ 0.9 oz)

2 garlic cloves, sliced

zest of 1/2 lemon (about 1 tsp)

3/4 cup olive oil (180 ml/ 6 fl oz)

sea salt, to taste

black pepper, to taste

Optional: 1 to 2 jalapeño or serrano peppers, seeds and veins removed

Instructions

1. Place the mint, pine nuts, garlic cloves, and lemon zest in a food processor or blender. Pulse until finely minced. With the machine running slowly stream in the olive oil.
2. Season with salt to taste. Keep refrigerated for up to 5 days or freeze in small manageable portions (e.g. in an ice cube tray) for up to 3 months.

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