



Recipes

Super Kale Pesto

Total Time: 13 minutes

Yield: 1 1/4 cups

Ingredients

- 3 cloves garlic
- 3 cups packed kale (about 1 small bunch)
- 3/4 cups hemp seeds or toasted walnuts or pecans
- 2 tbsp lemon juice, from about 1 lemon
- 3/4 tsp fine-grain sea salt
- 1/4 tsp ground pepper
- Red pepper flakes, optional
- 1/4 cup flaxseed oil or extra-virgin olive oil
- 1/3 cup grated parmesan cheese, optional

Directions

- In a food processor, add the peeled garlic cloves and process until the garlic is minced. Add the kale, hemp seeds, lemon juice, salt and pepper, and parmesan. Turn on the food processor and drizzle in the oil. Process until the pesto reaches your desired consistency, stopping to scrape down the sides as necessary.
- Taste and add more lemon, salt, or pepper if necessary.

Recipe adapted from cookieandkate.com