

# Kale Pesto

## Instructions

1. Place all ingredients into a food processor and blend until smooth.
2. Add additional olive oil as needed and enjoy!

## Ingredients

- 1/2 cup of pepitas
- 1 small clove of garlic
- 1/4 cup of Parmesan cheese
- 2 packed cups of chopped kale
- 5-10 basil leaves
- 2 tbsp of lemon juice
- 1/2 cup of extra virgin olive oil
- Salt and pepper to taste

## Grocery List

### Produce

- Garlic
- Kale
- Basil
- Lemon

### Canned Goods/Grocery

- Pepitas (pumpkin seeds)
- Extra virgin olive oil
- Salt and pepper

### Dairy

- Parmesan cheese (replace with nutritional yeast if you are lactose intolerant)