

# **BASIL PESTO SAUCE**

Basic recipe, great for pastas – à l'italienne !

## **INGREDIENTS:**

- 2 cups fresh Basil Leaves
- 1/2 cup Olive or Flax Seed Oil
- 2 tbsp. Pine Nuts or Cashews
- 6 Garlic Cloves, minced
- 1 tsp. Sea Salt (optional)
- 1/2 cup freshly grated Parmesan Cheese or less (optional)



## **PREPARATION:**

- In a blender combine the Basil, Oil, Pine Nuts, Garlic and Salt.
- Mix, stopping periodically to scrape down the bowl, until well blended. Put in a bowl.
- Beat in the Cheese by hand, incorporating it evenly.
- If you are planning to freeze the Pesto (for example for use in the winter months), only add the Parmesan Cheese until ready for use.

Makes about 3 cups.