

Simple Herb Pesto

Need a quick, healthy snack or simple way to add flavor to your meals? Look no further than this fresh herb pesto. It's high in antioxidants, anti-inflammatory fats, and plant chemicals that support health and longevity. Be sure to read the "Substitutions & Alternatives" section for notes on how to tailor this pesto to meet your dietary needs!



Yield: 1 ½ cups | Serving Size: 2 Tbsp | Prep Time: 10 minutes | Total Time: 10 minutes

Required cooking tools:

- Measuring spoons
- 1- Paring knife
- 1-Cutting board
- 1-Garlic press (optional)
- 1- Large spoon or spatula
- 1-Blender or food processor

Ingredients:

- ½ cup lemon balm leaves
- 1 cup basil leaves
- ½ cup raw, whole almonds
- 1-2 tablespoons fresh lemon juice
- ½ cup extra virgin olive oil
- 5-6 garlic cloves, minced or pressed
- fine sea salt, to taste

Instructions:

1. Wash and dry the herbs thoroughly.

2. Add all ingredients to a blender or food processor, and process to a rough paste. Scrape the walls of the machine.
 3. Taste the pesto, and add additional seasonings if needed. Add more olive oil if needed, to obtain desired consistency.
 4. Process again until a smooth paste forms.
 5. Serve immediately on: crackers, bread, pasta, chicken, or veggies. Enjoy!
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Substitutions & Alternatives:

- For the lemon balm, sub with mint, parsley, tarragon, spinach, arugula, or more basil
 - For the almonds, sub with pine nuts, cashews, walnuts, pecans, or pistachios
 - For a classic pesto, add ¼ cup of shredded parmesan cheese
 - For a nut-free pesto, swap nuts with sunflower seeds or hemp seeds
 - For a dairy-free, “cheesy” pesto, add 3-4 tbsp of nutritional yeast
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Notes:

- Store leftovers in an airtight container for up to 1 week in the refrigerator, or 1 month in the freezer.