

Raw Walnut Pesto

Yield: about $\frac{3}{4}$ cup

Ingredients

- 1½ cup fresh basil leaves, packed
- ½ cup raw walnuts
- ½ cup cold-pressed, extra-virgin olive oil
- 1 tablespoon nutritional yeast
- 2 medium garlic cloves
- 1 tablespoon fresh lemon juice
- Salt to taste

Preparation

Chop the walnuts first in a food processor and pulse them a few times until they are broken into smaller pieces. Add the basil and garlic, pulse a few times more. Add the remaining ingredients and slowly add the olive oil in a constant stream while the food processor is on. Stop to scrape down the sides of the food processor with a rubber spatula. Pulse again until blended.

If you want a smoother and runnier one, add more olive oil. If you want thick pesto, add more raw walnuts or sunflower seeds. Add a pinch of salt to taste.

Notes

Advance preparation: Store them in the freezer for 3 months as long as you coat them with olive oil in the sealed container/jar. They taste really good after being frozen for 2 months. Just let them thaw out and cook it with something afterward. You can also store them in the fridge for several weeks if you plan to use them for a raw dish or snack them with veggies.

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