



ALLERGIES:

No grains
No dairy
No eggs
No gluten
Low disaccharides

Prep time: 5 mins

Cook time: Nil

Serves: Makes 2 cups

KALE AND SPINACH PESTO



INGREDIENTS

- 1/2 bunch or about, 5-6 leaves, Kale
- 1 cup baby spinach
- 3/4 cup olive oil
- 1/2 tsp salt
- 1/8 tsp black pepper
- 3 cloves garlic
- Juice of 1 lemon
- 1 tbsp nutritional yeast
- 1 cup almonds, raw

METHOD

- In blender, place torn kale and spinach, oil, salt, pepper, garlic and lemon juice.
- Blend until smooth.
- Add yeast and almonds, and blend until slightly chunky (or preferred texture).
- Serve with vegetable sticks, biscuits or stir through zucchini pasta

NOTES

Any greens will work in this recipe, so try basil or parsley or your own herbs.