



GREEN HEMP PESTO RECIPE

Serves: about 1 cup

Ingredients

- ½ cup green hemp seed meal
- 2 garlic clove
- 2 cups basil leaves
- 1 cup spinach or arugula
- 2 Tbsp. lemon juice
- ¼ cup extra-virgin olive or avocado oil
- 1-1 ½ tsp. mineral salt



Instructions

- 1 In a high speed blender, blend all ingredients, except oil until smooth.
2. While the blade is running, drizzle in the olive oil. Season to taste.
- 3 Serve over zucchini noodles, kelp noodles, or cooked spaghetti squash (as shown in the photo) with sautéed onions, garlic, mushrooms and asparagus. Season with ground pepper or cayenne and a pinch of hemp seeds.

Notes

In the winter months, substitute basil for any other leafy green. Leftover pesto will keep for up to 5 days in an airtight container in the fridge (a little discoloration is normal). It can be frozen for up to 1 month.