

# Presto Pesto

## About the Recipe

**126 Calories · 5 g Protein · 2 g Fiber**  
**Sauce/Dressing/Topping**

## Ingredients

### ***Makes 8 Servings***

- 2 cups (50 g) packed basil leaves
- 1/4 cup (30 g) raw sunflower seeds
- 1/4 cup (50 g) pepitas
- 1/4 cup olive oil (see note below for oil-free)
- Water, as needed
- 1/4 cup (25 g) nutritional yeast
- Juice of 1 lemon
- 1 clove garlic
- 1/2 teaspoon sea salt
- 1/4 teaspoon pepper

## Directions

1. Add the basil, sunflower seeds, pepitas, olive oil, nutritional yeast, lemon juice, garlic, salt, and pepper to a food processor and blend until all ingredients are smooth and creamy. Add water as needed to reach desired consistency. It's ok if the pesto is not totally smooth, some specs of basil will remain. **OIL-FREE**  
OPTION: Omit the oil and use 1/4 cup water in its place.

## Nutrition Facts

*Per serving:*

**Calories:** 126

**Fat:** 12 g

**Saturated Fat:** 3 g

**% Calories From Fat:** 76%

**Cholesterol:** 0 mg

**Protein:** 5 g

**Carbohydrate:** 4 g

**Sugar:** 0 g

**Fiber:** 2 g

**Sodium:** 149 mg

**Calcium:** 21 mg

**Iron:** 1 mg

**Vitamin C:** 4 mg

**Beta-Carotene:** 192 mcg

**Vitamin E:** 4 mg