

Dairy Free Kale Pesto Recipe

The Ingredients:

- 2 to 3 cloves garlic
- 3 cups packed kale (about 1 small bunch)
- $\frac{3}{4}$ cup toasted raw walnuts
- 2 tablespoons lemon juice
- 1 teaspoon of sea salt
- 1 teaspoon red pepper flakes (if you want some spice)
- pinch of crushed black pepper
- $\frac{1}{4}$ cup flaxseed oil or extra-virgin olive oil

Instructions:

- 1.) Toast walnuts to bring out oils. Try not to burn. Will take only a few minutes either in a pan or in the oven at 325 degrees F.
- 2.) Add garlic, sea salt, red pepper flakes, black pepper, lemon juice in a blender. Add toasted walnut. Pulse until a chunky consistency.
- 3.) Add chopped kale in small increments. Add oil slowly and blend till desired texture.
- 4.) Put into a glass container will last for up to two weeks in the fridge. If it lasts that long :)

Servings 1 $\frac{1}{4}$ cups

