

broccoli sprout pesto

Makes 1 cup

RECIPE ADAPTED FROM: [Flavor RD](#)

PREP TIME: 5 minutes

3 medium cloves garlic, peeled

2 cups fresh broccoli sprouts

1 ½ cups fresh basil leaves

½ cup lemon verbena leaves
(optional for a lemony flavor)

¼ cup hemp seeds

2 Tbsp nutritional yeast

½ tsp salt

¼ tsp dried red pepper flakes (optional)

¼ - ⅓ cup olive oil

NOTE:

Store leftover pesto in the refrigerator and use within 4 days, or freeze for longer storage.

IN a food processor, add garlic cloves and pulse until minced.

ADD broccoli sprouts and pulse again until chopped well.

ADD all other dry ingredients and pulse until they are partially chopped. Scrape sides as needed.

DRIZZLE in olive oil and blend until smooth. Thin with water as needed until desired consistency is reached.

SERVE on top of seafood, poultry, pork, lamb or beef, or use as a dressing for whole grains, pasta, bean salad, roasted vegetables or roasted potatoes.

