Kale Walnut Pesto (Oil-Free)

A flavorful, nutrient-rich spread packed with omega-3s, vitamin K, and antioxidants. This pesto is a delicious way to boost your greens and pairs beautifully with pasta, toast, or roasted vegetables. You can replace walnuts with pumpkin seeds, pine nuts, hemp seeds, or almonds. You can also replace some or all of the water with olive oil for a more traditional pesto, if desired.

Ingredients:

- 2 cups kale, stems removed
- 1 cup fresh basil or parsley
- 1 cup raw walnuts
- 4 cloves garlic
- 4 tablespoons lemon juice
- 3–4 tablespoons water, as needed
- ¼ teaspoon salt, or to taste
- 2 tablespoons nutritional yeast



Instructions:

1. Blend all ingredients in a food processor until well blended but not smooth (you still want some texture), adding water to reach the desired consistency.
2. Slather on a sandwich, toss with pasta, add to soup, dot onto homemade pizza, toss it with roasted veggies, or add it to a Buddha bowl.