



6 servings



15 minutes

## nettle pesto

### ingredients:

1/2 cup pine nuts {or other nuts or hemp hearts}  
3 cups fresh nettle leaves  
1 cup fresh basil leaves  
2 garlic cloves  
1 teaspoon honey  
juice of 1/2 lemon  
zest of 1/2 lemon  
1/4 teaspoon sea salt  
3/4 cup extra virgin olive oil  
1/4 cup grated parmesan cheese,  
nutritional yeast or other cheese

### instructions:

1. Combine the nuts, nettle leaves, basil, honey, garlic, lemon juice, lemon zest, and sea salt in a food processor. Pulse until finely chopped.
2. Turn the processor on and slowly drizzle in the olive oil until the mixture is smooth and well blended. Add more olive oil if needed to reach a smooth consistency.
3. Add the grated cheese and pulse until well combined.
4. Check the consistency and add more olive oil if a creamer pesto is desired.
5. Serve immediately with chips and crackers or however you like to eat pesto! Amazing on pizza or in pasta.
6. Will keep in an airtight container for about 3 days in the refrigerator .

### The cuisine of healing

- Nettle leaves are highly nutritive and packed with vitamins & minerals.
- As an antihistamine, they help with seasonal allergies.
- Nettles restore taxed adrenals and helps to rebuild from exhaustion & fatigue.
- The leaves support kidney & urinary system detox and cleanse and move toxicity from the joints & blood.
- Consistent intake of nettle leaves helps to heal acne, clear eczema, psoriasis and other skin conditions.