

Homemade Spinach Walnut Pesto



the ingredients

1 1/2 cups fresh spinach
1/4 cup olive oil
1/3 cup walnuts
2 cloves garlic
1/4 cup grated parmesan
squeeze of 1 lemon wedge
salt and pepper to taste

the method

Place all items in food processor and blend until desired consistency is achieved. Start with least amount of oil at first, then add more as needed to thin mixture.

the nutrition (whole batch)

KCAL: 622
FIBER: 6 g
SATURATED FAT: 12 g
PROTEIN: 18 g
ADDED SUGAR: 0 g