

Glimpse into Foodie Friday – week 45 – nut free pesto

I posted a pesto recipe on Instagram a while ago, and have also shared the pesto with friends a few times, and I keep getting requests for it to appear on the blog! With it being on my blog's instagram account, I kept thinking I had posted it! So here it is! Thank you for your patience and enthusiasm!



This pesto is nut free, but full of flavour. Make sure you stir it before serving, as the liquid can separate a little and become a tad runny.

Pesto



1 cup of kale or spinach

2 cups of basil

1/4 – 1/2 avocado

1 tablespoon lemon juice

2-5 anchovies (to your desired taste)

1/4 cup of olive oil (add a few splashes of garlic oil too if you like)

1 pinch of salt

Optional add ins:

* 2 tablespoons of oregano

*1/2 cup coconut milk

*10 olives

Blend all the ingredients. Store in an airtight container for up to 4 days in the fridge. Serve with fresh sliced vegetables, such as carrots, cucumber and celery, or through a bowl of zoodles/zucchini “noodles” (or any other way that takes your fancy)!

