

# Homemade Pesto

## Fill a food processor with:

10 cups of fresh basil

3 cloves of garlic

1/4 cup of olive oil

Small can of salted cashews

You can add more olive oil/garlic/nuts to suit your taste. Freeze and use as needed with your favorite pasta dishes! Try pesto mixed with cream cheese on a bagel, or mixed with mayonnaise to make a yummy sandwich spread. Tastes great on shrimp, chicken or mixed in on salads!



# Nutritional Information

24 servings

1 tbsp = 1 serving

## Nutrition Facts

Tablespoons

Sandis Pesto

Serving Size: 1 serving

### Amount Per Serving

**Calories** 77

**Total Fat** 7g

Saturated Fat 1.3g

Trans Fat 0g

**Cholesterol** 0mg

**Sodium** 41mg

**Carbohydrate** 3.6g

Dietary Fiber 1g

Sugars 0.7g

**Protein** 2.1g

Vitamin A 19% Vitamin C 5%

Calcium 3% Iron 5%