



## Basil Pesto

6 servings  
10 minutes

### Ingredients

- 3 cups Basil Leaves (Moderately packed)
- 1 Lemon Juice
- 1/3 cup Pine Nuts
- 2 Garlic (Cloves, peeled and roughly chopped)
- 3/4 tsp Sea Salt
- 1/4 cup Extra Virgin Olive Oil

### Nutrition

Amount per serving	
Calories	144
Fat	14g
Saturated	0g
Carbs	5g
Fiber	1g
Sugar	0g
Protein	2g
Cholesterol	0mg
Sodium	296mg

### Directions

- 1 In a food processor, combine all ingredients, except the olive oil. Pulse until evenly chopped. Slowly add in the olive oil through the top of the processor. Pulse until evenly combined, but not completely smooth

### Notes

Credits: <https://www.pinterest.com/pin/331225747575044585/>

**Beautiful Basil:** In addition to having anti-inflammatory and heart health benefits due to its vitamin K, manganese, magnesium and beta-carotene, basil has also been shown to provide protection against some bacterial growth. Next time a bacteria bug is hindering your training, mix up a big batch of basil pesto to add to your meals!