



## SNACKS

# Cashew Pesto

A delicious and versatile basil-infused dairy-free cheese that is perfect for filling pasta, topping on crackers, serving as a dip for raw vegetables, or a flavoring for fish and poultry dishes.

YIELD: 1 cup

### INGREDIENTS

- 1 1/4 cup cashew (soaked in 2 cups filtered water)
- 1/2 cups walnuts (toasted)
- 1 cup basil leaves (tightly packed)
- 1 green onion (green and white parts, minced)
- 2 cloves garlic (peeled and minced)
- 1 tablespoon nutritional yeast
- 1 teaspoon white miso
- 1/4 lemon (juiced)
- 1/4 teaspoon mustard
- 1/4 teaspoon sea salt
- 1/4 cup extra virgin olive oil

### DIRECTIONS

1. Drain cashews and place them in a blender with walnuts, basil leaves, green onion, garlic cloves, nutritional yeast, white miso, lemon juice, mustard, and olive oil.
2. Blend thoroughly until the mixture is smooth and thick. Add salt to taste if necessary. Blend again.
3. Store in a glass container with tight fitting lid in the refrigerator for up to 4 days until ready to use as a dip with veggies.



### NUTRITION GEM

## Health Benefits of Basil, Cashews & Garlic

This pesto enriches traditional pesto with miso, mustard, and nutritional yeast.

**Basil** — Basil has a rich content of vitamins and minerals, which reduce inflammation, combat stress, support digestive health, regulate blood sugar, and improve mental well-being.

**Cashew** — Cashews are a good source of healthy fats, protein, vitamins, and minerals including copper, magnesium, and zinc that contribute to heart health, improved mood and brain function, aid weight and blood sugar management.

**Garlic** — Garlic is an aromatic, sulfur and trace mineral rich spice with numerous benefits such as blood pressure regulation, cholesterol management, blood clot prevention, antimicrobial and antiviral properties, and provides an immune boost.