

CARROT TOP PESTO

MAKES ABOUT 2 CUPS

PREP TIME: 10 MIN

INGREDIENTS

- 1 1/2 cups basil or spinach
- 1 bunch carrot tops
- 2/3 c sunflower and/or pumpkin seeds
- 1 clove garlic, roughly chopped
- 1/4 tsp Salt
- 1/3 c olive oil + extra
- 1/3 cup Parmesan cheese (optional) OR
- 1/4 cup Nutritional Yeast (optional)

DIRECTIONS

Wash and dry greens.

In a blender or food processor, add greens, seeds, garlic, and salt. Pulse a few times until combined and scrape down the sides.

Slowly add oil and blend until mostly smooth, stopping to scrape the sides occasionally. You may need a bit more oil.

For a cheesier pesto, add in 1/3 cup of Parmesan or 1/4 cup of Nutritional Yeast and pulse until blended.



**FRESH
ROOTS**