



# Cilantro Pesto

Adapted from: Wellness Mama

Prep time: 6 min Total time: 6 min

Condiment

Serves: 4

## Ingredients

- 1 bunch fresh cilantro about 1 cup, packed
- 1 clove garlic or more to taste
- 1 TBSP lime juice or more to taste I sometimes add a whole juiced lime
- 1/3 cup pumpkin seeds (can use pine nuts or almonds as well)
- 1/4 cup extra virgin olive oil

## Instructions

1. Cut the toughest parts of the stems off the bunch of cilantro. Rough chop the rest and add to a mini food processor.
2. Peel garlic and add.
3. Add lime juice.
4. Pulse food processor a few times until cilantro is chopped but not completely fine.
5. Add pumpkin seeds or nuts & pulse 5-10 times to form a rough paste.
6. Add the olive oil and pulse until desired consistency.
7. Enjoy and repeat the process when you run out!

## Notes

To store, keep in a small jar and top with olive oil to keep the air out so it will last longer.

## Nutrition

Serving: 1/4 cup | Calories: 174kcal | Carbohydrates: 3.2g | Protein: 2.9g | Fat: 17.9g | Saturated Fat: 2.8g | Sodium: 3mg | Fiber: 0.6g | Sugar: 0.3g