

Pea Shoot Pesto

Ingredients:

2 cups pea shoots (packed)
1/2 cup sunflower seeds
1 clove garlic
1 tablespoon olive oil
1 tablespoon honey
1/2 teaspoon salt
(makes about 1 cup of pesto)



Directions:

- 1) Place sunflower seeds in a blender or food processor and blitz for 20-30 seconds.
- 2) Add the remaining ingredients and blend until smooth.
- 3) Taste, assess, and add more honey for sweeter pesto, more oil for smoother pesto, or more salt.
- 4) Enjoy on crackers, pasta, pizza, sandwiches, and more!

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