

Perfect Pesto – Vegan

Prep Time: 5 minutes
Total Time: 5 minutes

Yield: 1 cup
Serving Size: 4
Calories per serving: 51
Fat per serving: 4 grams

'How it all Vegan!', by Tanya Barnard & Sarah Kramer, p- 80.

Ingredients

- 2 cups fresh basil, chopped
- 1 cup fresh parsley, chopped
- 2 tablespoons soy parmesan cheese
- 3 cloves garlic, minced
- 2 tablespoons pine nuts, toasted
- 3 teaspoons miso paste
- 1/4-1/3 cup water
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Instructions

1. In a blender or food processor, blend together the basil, parsley, parmesan, garlic, nuts, and miso until well minced.
2. With the machine running, slowly add water until you've reach the desired consistency.
3. Heat and serve over pasta, or rice, or use instead of tomato sauce on pizza.

Notes

Nutrition facts (per serving-1/4 cup): Calories: 51, from fat: 8, total fat: 4g, cholesterol: 0mg, sodium: 190mg, total carbohydrate: 3g, fiber: 0g, sugar: 1g, protein: 3g.