



Peppery Brazil Nut Pesto (Dairy Free)

Active Time: 5 minutes | **Total Time:** 5 minutes | **Serves:** 6

Nutrition Information Per Serving

115.5 calories, 0.98 g carbohydrate, 0.47 g fiber, 0.51 g NET carbs, 0.87 g protein, 12.48 g fat

Ingredients

- 1 clove organic garlic
- 1 cup spring water
- 1/4 tsp(s) sea salt
- 2 cup(s) organic arugula
- 4 Tbsp(s) organic extra virgin olive oil
- 1 ounce Brazil nuts

Preparation

1. Grind brazil nuts in a coffee grinder or Magic Bullet to pulverize.
2. Add arugula, extra virgin olive oil, garlic, spring water and brazil nuts to a food processor or blender.
3. Process approximately 2-3 minutes until pesto is smooth.

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