

# Lemon Basil Pesto

Recipe by Joy McCarthy from Joyous Health

JOYOUS HEALTH

## Ingredients:

- 2 cups fresh spinach (loosely packed)
- Juice from 1 lemon
- 1/2 cup hemp hearts
- 1/2-1 garlic clove
- 1/4 cup extra virgin olive oil
- 1 cup fresh basil
- Pinch of sea salt to taste

## Instructions:

1. Add all ingredients to food processor (I use a mini one)
2. Blitz to desired consistency
3. Enjoy!

## Notes:

Give a taste test and add more of what ever your taste buds desire