



northern beaches
HEALTH & FERTILITY

Healing Pesto

- **Ingredients – try to source organic market fresh or pesticide-free**
- Basil 1 bunch – leaves and stem (roughly chopped)
- Coriander 1 bunch – leaves and stem (roughly chopped)
- Parsley 1 bunch leaves and stem (roughly chopped)
- Juice of 1 lemon
- Juice of 1 orange
- 2 heaped tablespoon Hemp seeds (source these from health food stores..don't worry there's no THCs!!!)
- 1 heaped teaspoon of coriander seeds (or ground coriander seeds)
- Good handful of nuts (almonds and/or walnuts and brazil nuts are my preference, preferably soaked overnight)
- 2 raw peeled turmeric root (if you can't source the root then use 1 heaped tablespoon turmeric powder)
- Organic flaxseed oil to moisten (Stoney Creek or Melrose are my preferred brands – can use organic hemp seed oil or just cold pressed olive oil as an alternative)
- 1-2 garlic cloves ,
- 1 tabs miso paste (I prefer Spiral brand's mugi miso) or natto miso (even better if you can find)
- Good grinding of pepper

- Combine all ingredients other than the herbs and process in a blender – I have both a Braun food processor and a Vitamix. Personally, I prefer the chunky consistency of the Food processor
- Divide this mix in half and set half aside.
- Add half the basil, coriander and parsley to half the mix and blend slowly. Place in a glass jar.
- Do the same for the remaining ingredients

I find blending in smaller batches means less processing time, less heating of the produce and hence better nutritional value.

- Place in glass container. Add olive oil at top of container to preserve.
- Pesto will also freeze well in glass containers if you wish to make a larger batch.

Hey Pesto!!!! You're done..... Enjoy!!



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