



Cheezy Walnuts

1 serving

5 minutes

Ingredients

- 1/4 cup Walnuts
- 1 1/2 tsps Avocado Oil
- 1/2 tsp Nutritional Yeast
- 1/8 tsp Sea Salt

Nutrition

Amount per serving	
Calories	264
Fat	27g
Carbs	5g
Fiber	2g
Protein	5g
Calcium	30mg

Directions

- 1 In a bowl, toss the walnuts with the oil until well coated. Sprinkle the nutritional yeast and sea salt overtop and enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to five days.

More Flavor: Add your choice of dried herbs or spices.



Parsley Walnut Pesto

10 servings

15 minutes

Ingredients

- 2 1/2 cups Parsley (chopped)
- 1 cup Walnuts
- 1/2 cup Parmigiano Reggiano
- 1/2 tsp Sea Salt
- 3 tbsps Lemon Juice
- 1/2 cup Extra Virgin Olive Oil

Nutrition

Amount per serving	
Calories	202
Fat	20g
Carbs	3g
Fiber	1g
Protein	4g
Calcium	93mg

Directions

- 1 Add the parsley, walnuts, parmesan cheese, sea salt, and lemon juice to a food processor.
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- 2 With the food processor running, slowly stream in the olive oil. Continue to blend for 30 seconds until the pesto is smooth and emulsified, pausing to scrape down the sides as needed. Season with additional salt or lemon juice to taste, if needed. Enjoy!

Notes

Leftovers: Refrigerate in an airtight container for up to four days. Freeze for up to three months.

Serving Size: One serving is equal to 2 tablespoons of pesto.

Nut-Free: Omit walnuts or replace with sunflower seeds and/or hemp seeds.

More Flavor: Add garlic cloves and/or red pepper flakes.

Dairy-Free: Use nutritional yeast instead of parmigiano reggiano.

Serve it With: Pasta, cauliflower rice, on pizza, with meat or as a dip.