



Simple | Healthy | Delicious

Warm Cauliflower Hemp Seeds Pesto



INGREDIENTS

4 cups cauliflower florets
½ cup Nature's Earthly Choice hemp seeds
1 ¼ cups tightly packed basil (or more as desired)
1 tsp dried dill
Juice of 1 medium-large lemon (or more as desired)
Zest of ½ lemon
1 large clove garlic
Cayenne pepper to taste
Sea salt and black pepper to taste
1-2 tbsp olive oil if you like a richer or fattier flavor

DIRECTIONS:

1. Steam the cauliflower until tender but not breaking apart.
2. In a food processor, pulse the garlic and hemp seeds to break them down.
3. Add the rest of the ingredients except the basil. Process until well combined.
4. Add the basil and pulse a few times until the basil is broken down but still visible as flecks in the pesto.
5. Taste, adjust spice and seasoning, and serve.

NOTE: You can enjoy this over zucchini noodles, quinoa or brown rice pasta, kelp noodles, as a dip for veggies, crackers or organic corn chips, in cabbage or lettuce leaves rolled up with extra raw veggies, on top of a salad, or even on it's own.