

## Spinach pesto

*Makes about 2 cups*

**2 cups fresh spinach leaves, well-washed and stemmed**

**1/2 cup fresh parsley**

**3 cloves garlic, peeled and quartered**

**1/2 cup walnuts, toasted**

**2tbsp extra virgin olive oil**

**1/4 cup freshly grated parmesan cheese**

**1/4tsp salt**

**1/8tsp freshly ground black pepper**

**1** Place the spinach, parsley, garlic and walnuts in a food processor and blend.

**2** Process to a fine paste. Gradually add the oil in a thin trickle and continue to blend to form a thick paste.

**3** Add the cheese, salt and black pepper and blend again.

**4** Transfer to a screw-topped jar and store in refrigerator.



Fat	12g	Carbs	1g	Energy	134kcal
Protein	7g	Sodium	.1g	Fibre	4g