

CBD Pesto

Shared with permission from The Ultimate Guide to CBD by Jamie Evans

Ingredients

- 3.5 cups fresh basil, plus more for garnish
- 1 cup fresh spinach
- 1/2 fresh Italian parsley
- 1/2 cup cherry tomatoes
- 2 teaspoons fresh lemon juice
- 1/3 cup feta cheese
- 3 tablespoons CBD olive oil
- 1 tablespoon pine nuts, plus 5 or 6 more for garnish
- 3 large garlic cloves, peeled
- olive oil
- salt and pepper

Instructions

- Place the basil, spinach, and parsley in a blender or food processor along with the tomatoes, lemon juice, feta and CBD olive oil. Set aside.
- In a small sauté pan over medium-low heat, sauté the pine nuts and garlic in a splash of olive oil for about 2 minutes or until the pine nuts turn golden brown. Remove from the heat and add the ingredients to the blender or food processor. Add a dash of salt and pepper. Blend until the mixture is finely chopped and pesto becomes a smooth, thick sauce.
- Using a spoon, scoop the pesto sauce into a small bowl and top with an airtight lid. garnish with pine nuts, basil, and a dash of olive oil.

Yield: 16 servings (about 1 cup)

Notes