

WILD WEED PESTO

Makes about 2 cups pesto

1-2 bunches basil, stems removed
1 bunch cilantro stems removed
6-7 dandelion leaves
5-6 leaves plantain (can use any other green here, like miners lettuce)
¾ cup olive oil (can mix ½ cup olive oil and ¼ cup flax oil)
1 lemon juiced
½ cup Brazil nuts
½ cup pine nuts
2-3 tsp. seaweed sprinkles
2-3 cloves garlic
1 tsp. oregano

Blend all in a blender or vita mix. Store in refrigerator or freeze portions in ice cube trays for instant pesto! Since this is a vegan pesto, the Brazil nuts and pine nuts add the creaminess. The Brazil nuts also add selenium and the seaweed and cilantro add minerals as well as chelating of heavy metals. A very healthy pesto!!!