



# Authentic Pesto

## INGREDIENTS for Home made Pesto

2 c fresh basil leaves

1/3 c olive oil

1/3 c toasted pine nuts

1 1/2- 2 c shredded parmesan cheese

2 T water

salt

1 clove garlic (optional)

Just put everything in a food processor and enjoy on everything from everything to veggies, keto sandwiches, salads, and noodles!

Macros for Pesto

6 servings/ 2 T  
calories 225  
net carbs 1.5g  
protein 10g  
fat 20g