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# Cilantro Hemp Pesto

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Yield: 2/3 cup

This cilantro pesto recipe is made with omega-3 rich hemp seeds! Cilantro helps to detoxify the body and hemp seeds are a great source of vegan protein and anti-inflammatory omega-3 fats. I love to slather this on toast, warm pasta, crackers, or dip carrots or sliced jicama into this. Or liven up your next Taco Tuesday with a flavor-packed dollop of this your fish or tempeh tacos. Enjoy! Highly suggest you double the recipe and freeze some for later use, or share with a friend.

## **Ingredients:**

2 cups packed cilantro leaves with tender stems (from 2 small bunches)

1/2 cup shelled hemp seeds (hemp hearts)

Optional, for heat: 1/2 - 1 medium jalapeño, seeds and ribs removed, roughly chopped

1 garlic clove, roughly chopped

1/2 teaspoon fine sea salt

1/4 cup extra-virgin olive oil, more if desired

Squeeze of fresh lemon juice (about 2 teaspoons, more to taste)

## **How to make:**

In a food processor, first place in the cilantro, the optional jalapeño, garlic, salt, 2 teaspoons of lemon juice. Pulse to break cilantro down into smaller leaf particles. Next, add the hemp seeds and pulse until combined. Be careful not to overblend the hemp seeds as the pesto consistency will toughen. Pause to scrape down the bowl if necessary.

While running the machine, next slowly drizzle in the olive oil. Continue processing until the mixture is well combined and almost creamy in texture. This pesto is thick, drizzle in more olive oil if you want it thinner and smoother.

Taste and add another squeeze of lemon juice or pinch of salt to fit your tastebuds.

Use immediately or store in an air-tight jar in the refrigerator for up to 5 days, or freeze.