

Walnut Arugula Pesto

THM-Friendly: S

- 1/2 cup walnuts
- 2 and 1/2 cups arugula
- to taste - garlic scapes
- to taste - garlic, minced
- 1/2 cup avocado oil
- a couple pinches of mineral salt
- 1/4 cup parmesan cheese (green can is fine)
- 1 Tbsp. lemon juice

It's so simple. Put all the ingredients in a food processor (my favorite is the Ninja Food Chopper) and zing them up!!

I spread pesto on toast and topped it with an egg. Not to mention some hot sauce!!

enJOY!

