



January 2021

### **Fresh Herbs Pesto**

To reduce excess Pitta use more coriander and mint as both these herbs are cooling and leave out the garlic.

This is a versatile pesto which is beneficial for all the doshas. This pesto is great in pasta dishes, baked dishes, soups and on the base of pizza. It can also be used on toast.

### **Ingredients**

1 cup fresh herbs – basil, coriander, parsley and mint

(vary the amount of each herbs according to your preference and dosha)

1 tablespoon green pumpkin seeds (or nuts of your choice)

1 clove garlic (optional)

2 tablespoons olive oil, adjust as needed

Salt to taste

Add the juice of half a lemon, this will keep the pesto bright green and give it a zesty lemon flavor.

### **Method**

Combine the fresh herbs, pumpkin seeds and garlic in a food processor.

Process until well blended and ingredients are fairly fine.

Slowly add the olive oil in a steady drizzle as you pulse the processor on and off.

Process until it becomes a smooth light paste.

Season with salt to taste and add lemon juice.

Cover and store chilled for at least an hour to infuse all the flavors.