



GARLIC SCAPE PESTO

INGREDIENTS

- About 15 scapes, woody ends and flower part removed (chopped)
- 1/2 cup packed basil
- 1 cup raw cashews (also works with pecans or walnuts)
- Juice of 1 lemon
- 1/2 cup Extra Virgin Olive Oil
- Salt/pepper to taste
- Pinch of nutritional yeast

DIRECTIONS

1. In a high speed blender or food processor, blend the scapes, then add the oil, salt, lemon juice, nutritional yeast and basil.
2. Once blended add the cashews and blend well until smooth.
3. Taste and salt again if needed.
4. Use anywhere you would use pesto!
5. Store in the refrigerator or freeze for later use.