



[A Seasonal Kitchen](#)

Serves 2 tablespoons

VEGAN PESTO

If you have someone in your family who is vegan or has a food allergy/intolerance to dairy, this Vegan Pesto is the perfect sauce for you. Use it with pasta, as a fish topper, or as a salad or grain bowl dressing!

10 min
Prep Time

10 min
Total Time

Ingredients

- 1 cup packed fresh arugula
- 1/2 cup packed fresh basil
- 1/4 cup nutritional yeast*
- 3 tablespoons pine nuts
- 1 teaspoon minced garlic
- Juice from 1 lemon
- 4 tablespoons extra-virgin olive oil
- 1/8 teaspoon table salt
- 1/8 teaspoon pepper

Instructions

1. Add all ingredients to the bowl of a food processor.
2. Pulse on high until the pesto reaches the desired consistency and all ingredients are finely minced (see image in post for reference on what this should look like).

Notes

*Nutritional Yeast is a fantastic vegan source of Vitamin B12, you can usually find it in the health foods section of your grocery store. It is flaky and pale yellow in colour.

<http://www.aseasonalkitchen.com/vegan-pesto/>