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## Healthy, Raw/Vegan Parsley Pesto

By Gourmet Raw Food Chef Kirsten Gum

This sauce is great with vegetables, on pasta, on pizzas, even can be thinned down and used as a dressing on your favorite salad!!

### INGREDIENTS:

2 cups fresh parsley

4 Tbs. olive oil

2 tsp. light miso

2 crushed garlic cloves

1 tsp. nutritional yeast (found at most health food stores)

1 tsp. salt + cup pine nuts, brazil nuts or walnuts

\*Combine all of the ingredients except the nut of choice in a food processor outfitted with the "S" blade and pulse a few times to begin chopping the parsley leaves

\*Add the nuts and process until the desired consistency is achieved. Do NOT over process or the oil from the nuts will separate and the mixture will become too oily. Pulse not mix. You want your pesto to be chunky

\*Store in a sealed container in the refrigerator for up to 4 days

*NOTE: Nutritional Yeast gives this recipe the "cheesy" flavor and makes it completely vegan!!*

