## **Vegan Pesto**

### FOR HEALTHIER BALANCE

This vegan pesto replaces the usual parmesan with nutritional yeast; this adds vitamin BI2 and zinc which you would usually find in meat. Its delicious served on pasta; see the roasted vegetable pasta with homemade pesto for an example of a great lunch or dinner





5 SERVINGS



### **INGREDIENTS**

- 30g **basil**
- 3 tablespoons pine nuts
- 1 x juice of a lemon
- 3 garlic gloves
- 5-6 tablespoons water
- 4 tablespoons **nutritional yeast**
- 3 tablespoons olive oil

**Practical Tip:** Make a batch of the pesto and use this in your lunch for the week.

**Heads up:** Nutritional yeast is available in supermarkets. Usually near the spices and seasoning, in home baking or near the vegan/vegetarian section.



ella dawson

helping young adults live **well** with cancer

All our recipes are created by a registered oncology dietitian. These recipes are intended as a source of ideas for meals, drinks, and snacks that could be incorporated into a healthy, balanced diet during and after cancer treatment. However, it is essential to consult with your medical team for personaliSed advice tailored to your specific treatment pathway.

#### FOR HEALTHIER BALANCE

# **Vegan Pesto**

This yegan pesto replaces the usual parmesan with nutritional yeast; this adds vitamin B12 and zinc which you would usually find in meat. Its delicious served on pasta; see the roasted vegetable pasta with homemade pesto for an example of a great lunch or dinner





5 SERVINGS

#### **METHOD**

- 1) Put basil, pine nuts, lemon juice, garlic cloves, nutritional yeast in blender and blitz
- 2) Gradually add in the oil whilst the blender is going if able or add small amounts at a time between blending.
- 3) Then add in the water, you can add more or less to get to desired consistency, but this will make different amount of portions.
- 4) Use directly in pasta (1 tablespoon is one portion or transfer to a jar and keep in the fridge

#### **NUTRITIONAL INFORMATION PER PORTION**

**ENERGY: 137 KCAL** 

**FATS:** 13.2g

PROTEIN: 3q

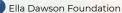
**CARBOHYDRATES: 2g OF WHICH SUGAR 0.5g** 

FIBRE: 0.6a



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