

# Vegan Pesto

FOR HEALTHIER BALANCE

This vegan 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



## 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.



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*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.*

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## 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:** 3g

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

**FIBRE:** 0.6g

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