# **Hemp Seed Pesto**

Hemp seed is high in protein and has a delicate flavor similar to sunflower seeds and works well in pesto. This is a classic basil pesto with a high protein twist. Gluten Free, Low Cal, Low Carb, No Sugar, Soy Free.

- 1 cup Basil leaves, washed
- 1/2 cup Parmesan Cheese grated or chopped
- 1/4 cup Extra Virgin Olive Oil
- 1/2 cup Hulled Hemp Seed

### **Directions**

### STEP 1

Combine basil, Parmesan cheese and olive oil in a blender or food processor and blend to preferred texture.\*

### STEP 2

Add hemp seed and blend just until mixed.\*\*

## STEP 3

Serve immediately or store in a covered container for up to a week.

#### NOTES

\*Shorter processing leaves larger chunks of cheese. \*\*Add the hemp last and blend until its combined well.

Serve with crackers, fresh vegetables, as a sandwich spread or tossed with pasta.