



Basil Pesto with Sunflower Seeds

Ingredients

- 1 pound of basil
- 1 cup of parmesan
- 2 oz of olive oil
- 1 cup of sunflower seeds
- 3 cloves of garlic

Instructions

Preheat oven to 350.

Toast sunflower seeds for 5 minutes until fragrant and a little brown.

Add everything into a blender.

Use olive oil to reach desired consistency.