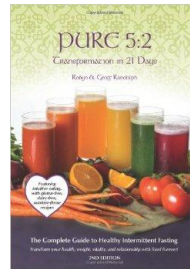


# WALNUT PESTO



This recipe is from P121 of  
Pure 5:2 Transformation in  
21 Days



Available in the shop

## Ingredients:

- $\frac{3}{4}$  cup Organic Olive Oil
- 2-4 cloves minced Garlic, depending on taste
- 4 tablespoons of Walnuts (soaked for at least one hour)
- 1 large bunch of fresh Basil Leaves
- 2-4 soft pitted Dates
- 1-2 tablespoons of Lemon Juice
- Himalayan Salt to taste
- Pinch of Paprika

## Method:

First blend the Organic Olive oil and minced cloves of Garlic.

Then add and blend together the soaked Walnuts, Basil Leaves, Dates, Lemon Juice, Paprika and Salt to taste.

Try stirring a tablespoon of the Walnut Pesto into soups.

Ingredients are available in the shop. If you are not sure where please ask a member of staff.  
This recipe is available to view online at [www.phoenixshop.co.uk](http://www.phoenixshop.co.uk)

