



FIXATE RECIPES

VEGAN PROTEIN PESTO

Serves: 4 (approx. ¼ cup + 2 Tbsp. each)

GF V VG

Total Time: 10 min.

Prep Time: 10 min.

Cooking Time: None

| | | | |
|---------|---|---------|-----------------------------------|
| 1½ cups | canned cannellini beans, drained, rinsed | 2 Tbsp. | red wine vinegar (or lemon juice) |
| 1½ cups | fresh parsley leaves | 1 clove | garlic |
| ½ cup | chopped green onion (approx. 4 medium stalks) | ½ tsp. | sea salt (or Himalayan salt) |
| 3 Tbsp. | olive oil | | |

1. Add beans, parsley, green onion, oil, vinegar, garlic, and salt to a food processor; pulse until smooth.

RECIPE NOTES:

- If pesto is too thick to blend smoothly, drizzle in cold water to thin.
- Parsley leaves should be packed to get the correct measure.
- This pesto makes a great dressing for pasta salad, a flavorful sandwich spread, or a delicious dip!
- Store leftovers in an airtight container in the refrigerator for up to 4 days.

Nutritional Information (per serving):

| | | | | | |
|----------------|------|----------------|--------|----------|-----|
| Calories: | 179 | Cholesterol: | 0 mg | Fiber: | 6 g |
| Total Fat: | 10 g | Sodium: | 428 mg | Sugars: | 0 g |
| Saturated Fat: | 1 g | Carbohydrates: | 17 g | Protein: | 6 g |

Container Equivalents (per serving)
■ 1 ■ 1

Vegan Container Equivalents (per serving)
■ ½ ■ 1

Recipes containing the GF icon are designed to be Gluten-Free and contain no gluten. If you are following a gluten-free diet, remember to check all labels to confirm your ingredients are 100% gluten-free, since foods are often processed at facilities that also process wheat and other grains.

Recipes containing the V icon are designed to be Vegan and contain no animal products. Please read product labels for each ingredient to ensure this to be the case.

Recipes containing the VG icon are designed to be Lacto-Ovo vegetarian and contain no poultry, meat, or fish. Please read product labels for each ingredient to ensure this to be the case.