



Featured Recipe:
Homemade Pesto Sauce

Ingredients:

- 3 tsp Fresh Basil
- ½ tsp Chopped Garlic
- ½ tsp Ground Black Pepper
- 1 tsp Grated Parmesan Cheese
- 1/8 tsp Salt
- 1 tsp Canola Oil



Directions:

Place all ingredients in a food processor and blend until smooth and all ingredients are fully combined together. Store in the refrigerator.

Nutritional Information:

Recipe makes one serving:
Calories: 40
Fat: 4 grams
Carbohydrates: 0.5 grams
Protein: 0.5 grams